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ABSTRACT

This report describes the current state of U.S. physical education (PE) to help determine the mandate and availability of PE programs by state; PE teacher qualifications; curricular standards; class size; and accountability for student achievement. Information comes from surveys of PE directors/consultants in all 50 states and the District of Columbia (DC). Surveys requested information about the PE mandate, state standards, student assessment, substitutions for PE, time allocations, teacher licensing, and current concerns. Only two states do not have PE mandates, though in many states, the mandate requires only that PE be provided and local districts provide content and format guidelines. Only one state requires daily PE for all students. In most states, certified PE specialists are recommended, but classroom teachers teach elementary PE. In nearly 40 states, certified PE specialists are required to teach middle and high school PE. Only six states do not require continuing education to maintain teacher licensure. Only four states have or are developing PE content standards. Most states allow a PE teacher student ratio of 1:30. PE is being assessed by state approved assessment in five states and DC. Physical fitness is being assessed in seven states and DC. Ten recommendations are presented. Summary information by each state is included. (SM)

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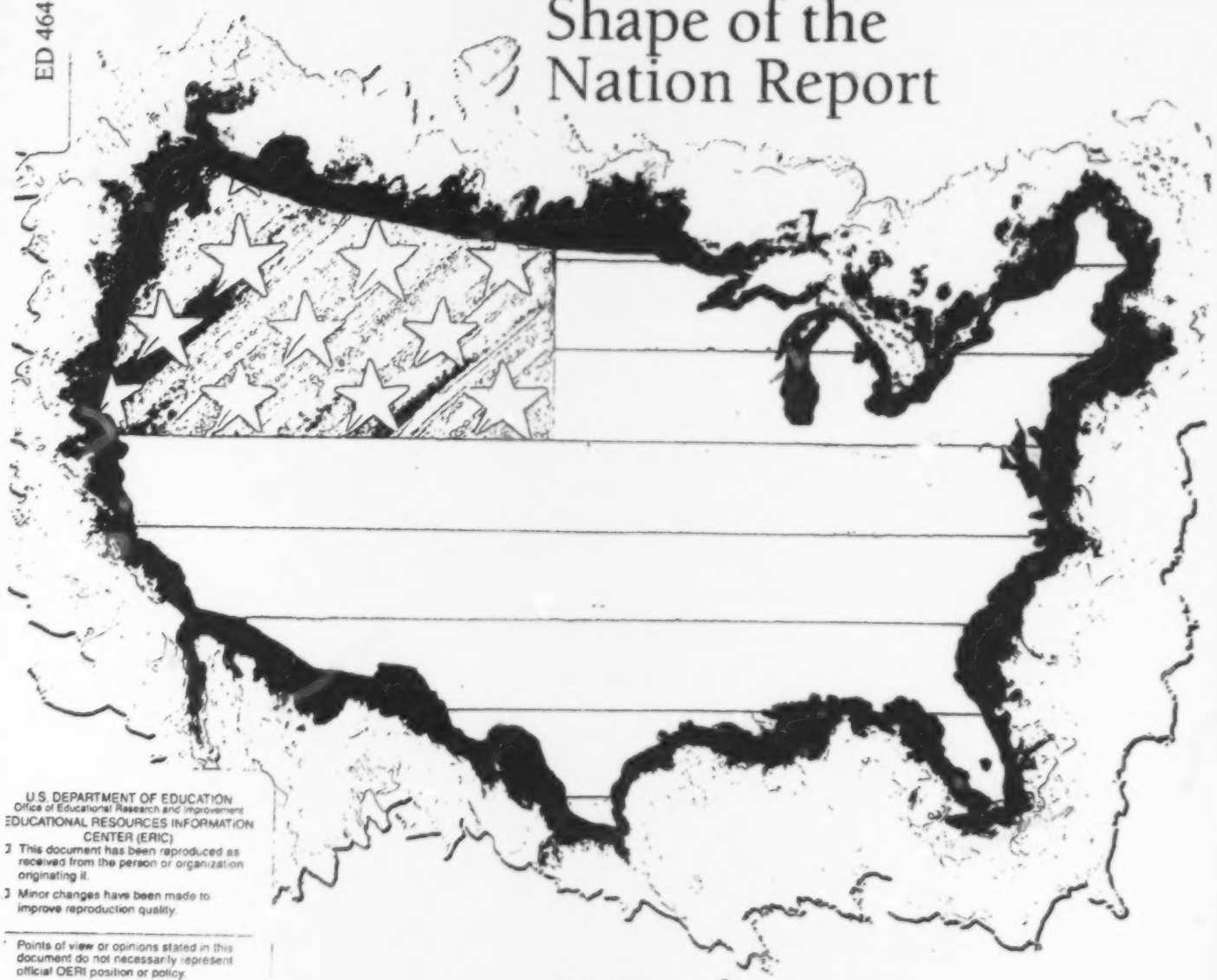
2001

Shape of the Nation Report



Status of Physical Education in the USA

Conducted by the
National Association for
Sport and Physical Education

an association of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)

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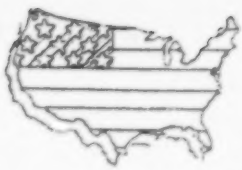


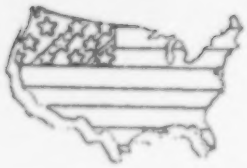
Shape of the Nation

Preface

This project was supported by all professional members of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) through the $5 allocated from dues to the AAHPERD Advocacy Fund. The National Association for Sport and Physical Education (NASPE) is committed to dedicating efforts to continually advocating to the public and policymakers about the important need for quality physical education programs for all children in grades PreK-12. We are confident that the information in this report will help bring attention to the benefits of quality physical education programs in increasing health and academic performance of our children.

The report provides up to date information on the status of physical education in each of the states and the District of Columbia. Advocates can use this information as part of the basis for expanding and improving physical education in presentations, letters and other means of communicating with state policymakers and citizens.

NASPE would like to thank former NASPE President, Dr. Marian Kneer of Plainfield, Illinois, for her insightful and invaluable contribution to the Shape of the Nation Report.



Executive Summary

Introduction

Since 1987 the National Association for Sport and Physical Education (NASPE) has been conducting the Shape of the Nation Report every few years to summarize for the profession and the public information regarding the status of physical education in the American educational system. The challenge of the 1987 survey continues in this latest survey. That is typically, the state mandates are broad and general, leaving many specifics open to interpretation.

Several facts must be considered when interpreting the results. 1) There is no federal law that requires physical education to be provided to students in the American education system, nor any incentives for offering physical education programs. 2) States may set some general or minimum requirements, but individual school districts provide specific direction and may exceed the minimum recommendations 3) Many states delegate responsibility for all content taught in schools to the local school districts.

This latest survey as well as the 1997 survey report that most states do not live up to the calls from the landmark 1996 Surgeon General's Report, *Physical Activity and Health*, and *Centers for Disease Control and Prevention Guidelines for Schools and Community Programs to Promote Lifelong Physical Activity Among Young People*, which both recommend the requiring of daily physical education for all students in kindergarten through 12th grade.

The importance of physical education in promoting the health of young people has been a part of the health objectives for the nation since 1990. *Healthy People 2010* include three objectives related to school physical education:

22-8 Increase the proportion of the nation's public and private schools that require daily physical education for all students.

22-9 Increase the proportion of adolescents who participate in daily school physical education.

22-10 Increase the proportion of adolescents who spend at least 50 percent of school physical education class time being physically active.

In addition, the most recent call for daily physical education came in November 2000 in the *Report to the President: Promoting Better Health for Young People through Physical Activity and Sports*. Health and Human Services Secretary Donna Shalala and Education Secretary Richard Riley wrote, "Our nation's young people are, in large measure, inactive, unfit, and increasingly overweight. This report should stimulate action to make sure that daily physical activity for young people becomes the norm in our nation."

The 2001 *Shape of the Nation Report* also includes important related information from the lates. *School Health Policies and Programs Study* (SHPPS) 2000 and the *Youth Risk Behavior Surveillance* (1999). The development of this report was made possible by a grant from the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD).

Purpose

The purpose of the *Shape of the Nation Report* is to determine the:

1) mandate and availability for physical education programs at each level (elementary, middle and high school) in each state

2) qualifications of those teaching physical education

3) existence of curricular standards for physical education

4) class size and

5) accountability for student achievement.

Through this report, NASPE brings attention to the importance of quality, daily physical education programs for all school age children by providing information about the current status of physical education in each state. The status of physical education is particularly relevant at this time of growing concern about the reduced levels of physical activity and increased levels of obesity, diabetes and related health problems for all age groups. Achieving optimal health status is closely linked to success in all life domains, and a comprehensive education that addresses mental, emotional, spiritual and physical elements is essential. Physical education is a key component of such an education.

Methodology

During the spring of 2001 NASPE sent a questionnaire to the physical education directors/consultants in all 50 state Departments of Education (SDE) and the District of Columbia. The survey requested information about the mandate for physical education at the elementary, middle and high school levels, state standards, assessment of student learning, acceptance of substitutions for physical education, time allocations, licensing requirements for teachers of physical education, current issues and concerns. Follow up phone calls achieved complete response by all 50 states and the District of Columbia. Dr. Marian Kneer, a NASPE Past President, reviewed and compiled the information provided. The summary information compiled for each state was returned to the respective SDE representatives for confirmation of content.

Results

Fifteen years after the U.S. Congress passed Resolution 97 encouraging state and local governments and local educational agencies to provide high quality daily physical education programs for all children in kindergarten through grade 12, and 10 years after Goals 2000 called for inclusion of physical education as an integral component of all school programs, little progress has been made. Most states are not living up to recommendations of multiple reports and recommendations from the federal government and other national organizations including the Surgeon General's Report, *Physical Activity and Health, Centers for Disease Control and Prevention Guidelines for Schools and Community Programs to Promote Lifelong Physical Activity Among Young People*, American Academy of Pediatrics (AAP) and the National Education Association (NEA) to require physical education for all students in kindergarten through 12th grade. That is the major finding of the *Shape of the Nation Report*, as conducted by the National Association for Sport and Physical Education (NASPE). While this does not represent dramatic change from the previous survey, it does indicate that most states, in the face of the growing crisis in childhood obesity, Type II diabetes and of increasing sedentary lifestyles, have taken no action to provide education about the physical dimension of individuals.

Since the last report there has been a greater emphasis on standards-based reform. The establishment of standards for what "students shall know and be able to do" has occurred across most states and in most cases has or will include physical education. However, there has been significant pressure on school leaders to demonstrate increased achievement of recently developed standards in academic areas particularly reading and math. As states develop or select standardized tests to hold schools and students accountable, content that is not tested becomes lower in priority. Several states have called for standards for learning in physical education but do not hold students or schools accountable for achievement of the standards. However, in several states, state tests are being developed for health and physical education (California, Kentucky, Maine, Missouri, New York, South Carolina and Vermont).

Another general pattern with differential impact on physical education is local control of education. States that establish standards or very broad guidelines for curriculum content defer specific decisions regarding time, allocations, class size and accountability for physical education to local school districts or even schools. This results in very diverse patterns of delivery for physical education and some other subject areas such as music and art.

Survey highlights include:

1) Mandate and Availability for Physical Education

Only two states (Colorado and South Dakota) do not have some kind of mandate for physical education. However, in many states the legislated mandate requires only that physical education be provided and local districts provide the content and format guidelines.

Even in Colorado (now a local control state) and South Dakota where no mandates exist, most districts provide for some physical education. Mississippi has expanded the requirements for physical education since the last survey and Oklahoma has shifted from specific time requirements to a standards based requirement.

As reported in 1997, Illinois is still the only state that requires daily physical education for all students, K-12. However, in Illinois a waiver program has been passed allowing exemption from the mandate and there are no time or content guidelines for the mandate. Alabama requires daily physical education for all students K-8.

At the elementary school level, state mandated requirements for physical education time range from 30 minutes a week to 150 minutes per week (NASPE recommends 150 minutes per week).

At the middle school level, physical education time requirements range from 80 minutes a week to 275 minutes per week (NASPE recommends 225 minutes per week).

The majority of high school students take physical education for only one year between 9th and 12th grades. The time requirements range from no time specified to 225 minutes a week (NASPE recommends 225 minutes per week).

One year/unit of physical education is required in high school (9th through 12th grades) by 18 states (Alabama, Alaska, Connecticut, Delaware, Hawaii, Indiana, Iowa, Kansas, Maine, Missouri, Montana, New Hampshire, New Mexico, North Carolina, North Dakota, Oregon, South Carolina and West Virginia).

Two units are required in six states (California, Nebraska, Nevada, New York, Virginia and Washington), and the District of Columbia. Other requirements range from none (Colorado, Oklahoma and South Dakota); to ½ unit (Arkansas, Florida, Georgia, Kentucky, Maryland, Michigan and Ohio); 1½ units (Louisiana, Texas, Utah, Vermont and Wisconsin) and 4 units (Illinois and New Jersey).

The graduation requirements for the remaining 12 states are set by the local school districts.

Sixty percent of the states (29) plus the District of Columbia give a grade for physical education and include it in the grade point average. Georgia, Kansas and New Hampshire do not include the physical education grade in the grade point average. In the remainder of the states (18) local school districts determine if grades are included in the students' grade point average.

Forty-two percent of the states (21) do not allow any substitutions for instructional physical education.

Fifty-eight percent of the states (27) allow substitutions for high school physical education. The justification of substitution may be due to: medical reasons, religious, participation in varsity athletics, ROTC and marching band or other special activities. States that do not require high school physical education (Colorado, Oklahoma, and South Dakota) can not/do not grant substitutions.

2. Qualifications of Those Teaching Physical Education

The states of Delaware, Illinois, Michigan, and Missouri require that only certified physical education specialists teach elementary school physical education.

Classroom teachers teach approximately 80 percent of the elementary school physical education in Hawaii. The remainder is taught by a small group of certified physical education teachers.

In 45 states, certified physical education specialists are recommended but classroom teachers teach elementary school physical education.

In 38 states certified physical education specialists are required to teach physical education at the middle school level.

In 11 states (Alabama, Alaska, Arizona, Florida, Hawaii, Iowa, Louisiana, Nevada, New Jersey, Ohio and South Dakota) teachers certified in other areas are allowed to teach middle school physical education.

Certified physical education specialists are required to teach physical education at the high school level in 47 states.

Teachers with other or no certification are permitted to teach physical education at the high school level in two states (Arizona and Hawaii).

Only six states (Arizona, Delaware, Hawaii, Louisiana, New Mexico and New Jersey) do not require continuing education in order to maintain teacher licensure. In some states the individual school districts either set or may add to the state requirement for maintaining teacher certification. The majority of states require five or six credit hours every five or six years to maintain teacher certification in physical education or any other teacher licensure.

3. Existence of Curricular Standards

Forty-four states indicate that there are or are in development state standards for physical education content. There are no specific state standards for physical education in seven states (Alaska, Idaho, Iowa, Nebraska, New Hampshire, Rhode Island and Vermont). Of the states having standards for physical education, over 80 percent of them are based on NASPE's National Standards for Physical Education.

4. Class Size

Across all education levels it seems that nearly 80 percent of the states allow a teacher student ratio of 1:30 in physical education class. Class size for physical education should be the same as for any other subject (high school like ratio). Large classes put students at greater risk of injury as well as reduce learning and teacher feedback. Nearly 25 percent of the states report no regulations for class size.

5. Accountability for Student Achievement

Physical education is being assessed by state approved assessment in five states (Kentucky, Massachusetts, Minnesota, New York and West Virginia) and the District of Columbia, and assessments are being developed and instituted in Maine, Missouri and South Carolina.

Physical fitness is being assessed in seven states (California, Connecticut, Kentucky, Missouri, New York, Ohio and West Virginia) and the District of Columbia, and will be assessed in Maine, New Jersey and South Carolina soon.

Comments

Several states expressed very positive signs of physical education improvement in their states. Others expressed concerns over the physical condition of their students and the fact that students can avoid physical education by participating in other courses, activities, etc. One state expressed concern that the requirement for physical education may be dropped. Most believed that teachers, parents and policymakers need to get more involved at all levels to ensure positive physical education programs for all students in every state in the future.

Recommendations for Action

The National Association for Sport and Physical Education (NASPE) wants to remind America that "Physically active, healthy kids learn better!" Elementary school students should have a minimum of 60 minutes of moderate and vigorous activity every day while middle and high school students should have a minimum of 30 minutes every day.

To achieve that level of activity, NASPE recommends that schools across the country make physical education instruction the cornerstone of a systematic physical activity promotion in school that also includes recess, after-school clubs and intramurals as well as competitive athletics. The co-curricular opportunities must be designed to attract all students especially those not interested in traditional athletic programs.

Physical education is a planned instructional program with specific objectives. An essential part of the total curriculum, physical education programs increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity for all students so that they can establish physical activity as a natural part of everyday life.

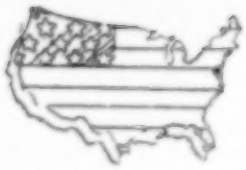
For the elementary school students, recess provides an opportunity for needed physical activity. Unstructured time also contributes to creativity, cooperation, and learning about social interaction. Children learn how to cooperate, compete constructively, assume leader/follower roles and resolve conflicts by interacting in play. Play is an essential element of children's social development.

In addition to providing quality physical education programs and recess, NASPE recommends that schools, after care, and recreation programs provide varied physical activity programs to meet the interests of all children. Coaches and staff need specialized training to provide developmentally appropriate, safe, and enjoyable activities.

Parents need to become pro-active and effective advocates for quality physical education programs and physical activities and communities need to develop and promote the use of safe, well-maintained and close-to-home sidewalks, bike paths, trails and facilities for physical activity and sport participation. Most of all, parents need to set a good example by being active themselves.

In summary, the National Association for Sport and Physical Education (NASPE) recommends the following:

1. Quality physical education is provided to all students as an integral part of K-12 education.
2. Elementary school children receive a minimum of 150 minutes per week of instruction in physical education; middle and high school students receive a minimum of 225 minutes per week of instruction in physical education.
3. All states develop standards for student learning in physical education that reflect the National Standards (NASPE, 1995)
4. All states set minimum standards of achievement in physical education.
5. Meeting established standards in physical education be a requirement for graduation.
6. Other courses and activities that include physical activity should not be substituted for instructional physical education.
7. Physical activity needs to be incorporated into the school day in addition to physical education through recess at the elementary level, physical activity breaks, physical activity clubs, special events, etc.
8. Physical education is delivered by teachers with specialized qualifications in physical education instruction at all levels.
9. Parents must monitor children's physical education progress and regular physical activity participation as well as be physically active role models.
10. Communities provide and promote the use of safe, well-maintained and close-to-home sidewalks, bike paths, trails and recreation facilities.



Background

Shape of Our Nation's Children

Highlights from Recent Studies

More children in this country are overweight than ever before, about double the number who were heavy in the late 1970s. The latest statistics are part of the National Health and Nutrition Examination Survey by the Centers for Disease Control and Prevention (CDC) and show:

- 13% of children ages 6 to 11 were overweight in 1999, up from 11% in 1988-1994 and 7% in the late 1970s
- 14% of children ages 12 to 19 were overweight in 1999, up from 11% in 1988-1994 and 5% in the late 1970s
- Obesity-related diseases cost the U.S. economy more than $100 billion every year.[1]
- Inactivity and poor diet cause at least 300,000 deaths a year in the United States. Only tobacco causes more preventable deaths.[1]
- Almost half of young people aged 12-21 and more than a third of high school students do not participate in vigorous physical activity on a regular basis.[1]
- Seventy-two percent of 9th graders participate in vigorous physical activity on a regular basis, compared with only 55% of 12th graders.[1]

Children are not as active as they should be.

- Fewer than one in four children get 20 minutes of *vigorous* activity every day of the week. Less than one in four reported getting at least half an hour of *any type* of physical activity every single day.[2]
- About one in four children did not play on any sports teams, either at school or through community programs.[2]
- Physical activity peaks in 10th grade, at 11 hours per week as the median, and then begins a steady dec ne that is likely to continue into the adult years.[2]
- In all grade levels, girls get significantly less activity than boys, yet three-quarters of the girls surveyed felt they get enough exercise.[2]

Participation in Physical Education Class

Nationwide, 56.1% of students were enrolled in a physical education class. Female students in grade 9 (75.6%) were significantly more likely than female students in grades 11 and 12 (36.8% and 29.4%), respectively to be enrolled in a physical education class, and female students in grade 10 (56.6%) were significantly more likely than female students in grade 12 (29.4%) to be enrolled in a physical education class.[3]

Male students in grade 9 (82.3%) were significantly more likely than male students in grades 11 and 12 (44.6% and 43.8%), respectively to be enrolled in a physical education class.[3]

Daily participation in physical education class

Nationwide, 29.1% of students attended high school physical education class daily, down from 42% in 1991[3]

Among students enrolled in physical education class, 76.3% exercised more than 20 minutes during an average physical education class. Overall, male students (82.1%) were significantly more likely than female students (69.6%) to have exercised more than 20 minutes during an average physical education class.[3]

About one in four children surveyed did not get any physical education in school. For those who did, 93% said they enjoyed physical education classes. However, physical education classes accounted for, at best, less than one and three-quarters hours of physical activity per week.[2]

Participation on a sports team run by school

Nationwide, 55.1% of students had played on sports teams during the 12 months preceding the survey. Overall, male students (61.7%) were significantly more likely than female students (48.5%) to have played on sports teams.[3]

[1]Centers for Disease Control & Prevention, Guidelines for School and Community Programs: Promoting Lifelong Physical Activity, U.S. Department of Health and Human Services, March 1997.

[2]International Life Sciences Institute, *Improving Children's Health through Physical Activity: A New Opportunity, A Survey of Parents and Children about Physical Activity Patterns*, July 1997.

[3]Centers for Disease Control & Prevention, Youth Risk Behavior Surveillance, 1999.

What Constitutes a Quality Physical Education Program?

Today's programs, which are designed and taught by certified physical education specialists, provide learning experiences that meet the developmental needs of youngsters and help them to achieve in all aspects of their lives. A high quality physical education program includes:

Instructional Periods totaling 150 (elementary) - 225 (middle and secondary school) minutes per week

Qualified physical education specialist providing a developmentally appropriate program

Adequate equipment and facilities

Curriculum that includes:

a) Instruction in a variety of motor skills that are designed to enhance the physical, mental, and social/emotional development of every child

b) Fitness education and assessment to help children understand, improve and/or maintain their physical well-being

c) Development of cognitive concepts about motor skill

d) Opportunities to improve their emerging social and cooperative skills and gain a multi-cultural perspective

e) Involvement for ALL children in activities that provide maximum amounts of appropriate physical activity.

Why Children Need Physical Education

Physical education is an integral part of the total education of a child. Quality physical education programs are needed to increase the physical competence, health-related fitness, self-esteem and enjoyment of physical activity for all students so that they can be physically active for a lifetime. Physical education programs can only provide these benefits if they are well planned and well-implemented.

Improved Physical Fitness

Improves children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance.

Support of other Subject Areas

Reinforces knowledge learned across the curriculum.

Serves as lab for application of content in science, math and social studies.

Self Discipline

Facilitates development of student responsibility for health and fitness.

Skill Development

Develops motor skills which allow for safe, successful and satisfying participation in physical activities.

Experience Setting Goals

Gives children the opportunity to set and strive for personal, achievable goals.

Regular, healthful physical activity

Provides a wide-range of developmentally appropriate activities for all children.

Improved judgment

Quality physical education can influence moral development. Students have the opportunity to assume leadership, cooperate with others; question actions and regulations and accept responsibility for their own behavior.

Improved self-confidence and self-esteem

Physical education instills a stronger sense of self-worth in children. They can become more confident, assertive, emotionally stable, independent and self-controlled.

Stress reduction

Physical activity becomes an outlet for releasing tension and anxiety.

Strengthened peer relationships

Physical education can be a major force in helping children socialize with others more successfully. Especially during late childhood and adolescence, being able to participate in dances, games and sports is an important part of fitting in.

State Summary

ALABAMA

Who Teaches Physical Education: Elementary school level, certified physical education specialists, physical education aides under the direction of certified physical education specialists, and a small number of classroom teachers teach physical education. Middle school level, certified physical education specialists and physical education aides under the supervision of a certified physical education specialist teach physical education. High school level, certified secondary physical education teachers only teach physical education. The state requires three professional development courses every five years or three years experience, five CEUs, and two courses every five years to meet continuing education requirements.

Student Requirements: Physical education is mandated by the state. Grades K-8 are required to take a minimum of 30 minutes daily; at the high school level, one year or two semesters are required and credit is given. Grades go toward grade point average. Classes average 55 minutes per day or 96 minutes if block scheduling is used. If K-8 is taught by certified teachers, physical education can be waived at the high school level.

Enforcement: Compliance is needed for accreditation and it is monitored. However, there is 100% compliance at the elementary level, 90% at the middle school level and 40% at the high school level.

Physical Education Standards: The National Standards for Physical Education have been adopted but there is no statewide assessment of student learning in physical education. There is statewide assessment of physical fitness. The President's Challenge Youth Physical Fitness Program is used.

Class Size: At the elementary and middle school level, classes average 31-40 students. At the high school level, classes average over 40. The State Board of Education passed a resolution allowing no more than 1,000 student contacts per teacher, per week, grades 4-12.

Curriculum: The physical education curriculum at all levels includes health enhancing physical activities, interactive behavior, and motor skill development.

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ALASKA

Who Teaches Physical Education: A teaching certificate is required but there is no requirement for specific areas of teaching. At the elementary and middle school levels only about 15 percent are physical education specialists. Students are taught mostly by the classroom teacher. At the high school level, most students are taught by certified health and physical education specialists. The qualifications of the physical education teacher is strictly a school district decision. Teachers must complete six semester hours every five years to meet continuing education requirements, but there is no requirement that these credits must be from their area of endorsement/specialization.

Student Requirements: The state has requirements for physical education only at the high school level. At all levels, time allocation (whether daily or weekly) for physical education is a local school district decision. High schools require one unit of health and/or physical education for graduation. It is estimated 80% of the elementary schools, 75% of the middle schools and 50% of the high schools have physical education. Generally, urban schools have more physical education time than rural schools. Physical education grades are included in the grade point average. Decisions on substitutions of other activities that are accepted for high school physical education credit are locally controlled.

Enforcement: There is no enforcement except at the district level.

Physical Education Standards: None

Class Size: It is estimated that at the elementary school level, the size averages 31-40 students and at the middle and high school levels, between 28-33 students.

Physical Education Standards: No statewide standards exist for any education level and no assessment of physical fitness is carried out. Any use of standards is a district decision. No data is available to the extent of this occurrence.

Curriculum: No data is available concerning the extent to which the curriculum includes physical fitness, motor/sport skills and/or affective development activities.

Contact Person: Beth Shober, Education Specialist, Alaska Department of Education and Early Development, 801 W. 10th Street, Suite 200, Juneau, AK 99801-1894, Phone (907) 465-2887, Fax (907) 465-2713, email: Beth_Shober@eed.state.ak.us.

ARIZONA

Who Teaches Physical Education: No information is available about who teaches physical education at the elementary, middle and high school levels. There are no state specified requirements to maintain certification. Who teaches physical education is strictly a local school district decision.

Student Requirements: Physical education is required by the state in grades 1-8. Districts and schools must meet state standards. High school requirements are decided by the local school districts. Most schools give grades and include them in the grade point average. Most schools have some physical education requirements for graduation. No information is available regarding substitutes for physical education.

Enforcement: There is no enforcement of the requirement except as per district decrees.

Physical Education Standards: Physical education standards exist and are somewhat based on the National Standards for Physical Education. No statewide assessment of the standards is conducted.

Class Size: No information is available relative to class sizes.

Curriculum: No information is available relative to the overall content of the various school districts physical education curriculum.

Contact Person: Kathy Rice, School Health Specialist, Arizona Department of Education, 1535 W. Jefferson, Bin 7, Phoenix, AZ 85007, Phone (602) 542-8713, Fax (602) 542-3818, email: krice@mail1.ade.state.az.us

ARKANSAS

Who Teaches Physical Education: At the elementary school level, certified physical education specialists and classroom teachers teach physical education. At the middle and high school levels, certified health and physical education specialists teach physical education. Local districts determine required staff development work for maintaining certification. Usually, 30 hours of staff development work per year is required.

Student Requirements: Physical education is mandated K-12. Physical education is mandated at the elementary level but there is no time mandate. At the middle school level, 250 minutes per week is expected and one semester or a ½ unit is required. At the high school level, 250 minutes per week is offered. Students are required to complete one unit or credit and participate for one semester but two semesters are more typical. Substitutions of other activities are not permitted. Grades are included in the grade point average.

Enforcement: No data is available relative to the elementary school compliance, but middle and high school are 100% compliant. The mandate is monitored through site visits from ADE personnel from Title I and the Arkansas Consolidated School Improvement Planning Team.

Physical Education Standards: Arkansas has statewide standards that are based upon the National Standards for Physical Education. No statewide assessment is conducted and no statewide physical fitness assessment is conducted.

Class Size: There is no way of determining what the average class size for physical education is, since it really doesn't fall under class size restrictions. Class sizes can range from 10 students to 35 or 40 students, depending on the size of the school or district.

Curriculum: Physical development, sport/motor skills and affective development should be included in the curriculum each year as required by the Arkansas State Curriculum Frameworks.

Contact Person: Otistene Smith, Program Manager/ Director or Kathleen Courtney, Program Advisor, Arkansas Department of Education, 2020 W. Third Street, Suite 320, Little Rock, AR 72205, Phone (501) 324-9740, Fax (501) 324-9745, email: osmith@arkedu.k12.ar.us, kcourtney@arkedu.k12.ar.us

CALIFORNIA

Who Teaches Physical Education: At the elementary school level, certified physical education specialists, classroom teachers and instructional aides with teacher supervision teach physical education. At the middle and high school levels, only certified physical education specialists teach physical education. Teachers must complete locally determined CEU requirements as prescribed by their school district to maintain their state certification.

Student Requirements: Physical education is required by state mandate. At the elementary school level, 200 minutes each 10 days is required and at the 7-12 grade level, 400 minutes each 10 days. Two years of physical education is required for high school graduation. It is estimated that 100% of all schools at all levels provide physical education. Each local school district determines the parameters of meeting the requirement and if grades are included in the grade point average. Substitutions are allowed.

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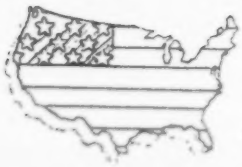

Enforcement: The mandate is somewhat enforced through Coordinated Compliance Reviews (on-site). The school district must address any items found out of compliance.

Physical Education Standards: There are physical education standards that are based on the National Standards for Physical Education. However, they are not enforced but used for guidance. There is statewide assessment of physical fitness mandated for grades 5, 7, and 9. The Fitnessgram is used. Additionally, about 10% of the schools use the President's Challenge Youth Physical Fitness Program.

Class Size: It is estimated that the elementary class size averages 31-40 students, middle school between 20 and 30 students, and at the high school level, 40 or more.

Curriculum: In general the curriculum for each grade level provides for physical fitness, motor/sport skills and affective development.

Contact Person: Dianne Wilson-Graham, Physical Education Consultant, School Health Connection, California Department of Education, 721 Capitol Mall, 3rd Floor, Sacramento, CA 95814, Phone (916) 657-3798, Fax (916) 657-5149, email:dwilscng@cde.ca.gov

COLORADO

Who Teaches Physical Education: At the elementary school level, certified physical education specialists teach physical education. However, in some smaller districts, classroom teachers teach physical education. At the middle and high school levels, both certified physical education specialists and certified health and physical education specialists teach physical education. Six hours of credit must be completed every five years to maintain certification.

Student Requirements: Colorado is a local control state that cannot dictate statewide curricula or requirements. There are no general statistics available regarding the number of minutes required per week or credits given for graduation. However, it is estimated that 50% of the elementary and middle schools provide physical education and at the high school level only 20% may have physical education. Physical education grades are included in the grade point average. Some schools allow athletics to substitute for physical education.

Enforcement: There is no enforcement at the state level.

Physical Education Standards: There are statewide standards for physical education that are partially based on the National Standards for Physical Education. There is no statewide assessment of the standards. Physical fitness is not assessed.

Class Size: Only middle school class sizes were reported which range from 31-40 students.

Curriculum: Physical fitness and motor/sport skills are the major components of the curriculum.

Contact Person: Dr. Sue Schafer, State Standards Coordinator, Colorado Department of Education, 201 E. Colfax Avenue, Denver, CO 80203, Phone (303) 866-6748, Fax (303) 866-6944, email: schafer_s@cde.state.co.us

CONNECTICUT

Who Teaches Physical Education: At the elementary school level, classroom teachers "may" teach physical education, but they cannot be the sole provider, a certified physical education specialist is required. At the middle and high school levels, only certified physical education specialists teach physical education. An Initial Educator Certificate is issued to individuals who have less than three years of experience within the past 10 years. To earn a Provisional Educator Certificate (valid up to eight years), a teacher must successfully meet the established standard for evaluation of the B.E.S.T. Physical Education Teaching Portfolio. To earn a Professional Educator Certificate, a teacher must earn 30 semester hours beyond a bachelor's degree. To maintain a Professional Educator Certificate, a teacher must earn nine CEUs (90 hours of professional development experience) or six semester hours of graduate work every five years.

Student Requirements: Physical education is mandated in every school curriculum. It requires that the program be planned, ongoing and systematic. One hundred percent of the schools at all levels provide physical education even though the mandate is not enforced. It is recommended that grades K-3 provide a minimum of 60-90 minutes per week, grades 4-6 provide 80-120 per week, middle school provide a period three days per week and at the high school, no time recommendations are made. However, a student must have one credit of physical education to graduate. One credit requires daily physical education for one year. Schools may schedule physical education to meet the one credit requirement as they so determine. It is a local and district issue whether physical education grades are included in the grade point average. Substitutions are not allowed.

Enforcement: The mandate is not enforced. However, all schools offer physical education. No data is available as to the extent time recommendations are met.

Physical Education Standards: The state has standards for physical education, which are based on the National Standards for Physical Education. However, there is

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no statewide assessment of student learning in physical education. Physical fitness is tested on a statewide basis. A state adaptation of President's Challenge Youth Physical Fitness Program is used for assessing fitness.

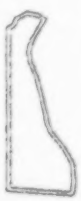
Class Size: At the elementary and middle school levels, class sizes range from 21-30 students. No data is available for high school where class size is locally determined.

Curriculum: The physical education curriculum includes fitness development, motor/sports skills and affective development as key components.

Comments: The Connecticut State Department of Education has recently published a *Guide to K-12 Program Development in Physical Education*. Combined with a new teacher development program, there is a clear movement toward quality. The state has recently completed a comprehensive physical education survey of all districts which when analyzed will provide data on time, class sizes, facilities, grading, along with specifics about the curriculum offered by each individual district. The CAHPERD association provides strong support by collaborating with the State Department of Education.

Contact Person: Barbara Westwater, Consultant, Physical Education and Health, Connecticut Department of Education, Box 2219, Rm. 215, Hartford, CT 06413, Phone (860) 566-5684, Fax (860) 566-5623, email: Barbara.Westwater@po state.ct us

DELAWARE



Who Teaches Physical Education: Seventy-five percent of the physical education teachers at all levels are certified health and physical education specialists. The remainders have a health or physical education certificate. Currently, there are no requirements to maintain state licensure/certification. License is renewed after teaching five years.

Student Requirements: Physical education is mandated by the state. Currently, there is no mandated physical education in grades K-6. However, most schools are providing 30-60 minutes per week of physical education. In grades 7-8 physical education is mandated. Schools may offer it daily for one semester or every other day for two semesters. For high school, one Carnegie unit which is about 135 hours is required. Physical education grades are included in the grade point average. Substitutions are allowed. Students may meet the requirement through an independent study if approved by the physical education staff and building principal.

Enforcement: Enforcement does not exist below high school level. At the high school level, enforcement exists through the graduation requirement.

Physical Education Standards: The State Board of Education adopted seven new content standards for K-12 physical education. The next step is to get the State Board of Education to approve physical education at all grade levels K-12. The State Board approved the "new PE," which is called Concepts-Based Physical Education. This promotes fitness concepts instead of an individual and team sports approach.

Class Size: Elementary and high school class sizes are approximately 20-30 students. Middle school classes average 31-40 students.

Curriculum: The curriculum includes fitness development and motor/sport skills.

Comments: A statewide Physical Education Commission is completing the development of performance indicators for all grade levels and exit indicators/expectations at grades 3, 5, 8 and 12.

Contact Person: Meredith Dean Betts, Physical Education/Safety and Driver Education, Improvement and Assistance Branch, Delaware Department of Education, PO Box 1402, Townsend Building, Dover, DE 19903-1402, Phone (302) 739-4885, Fax (302) 739-3744, email: dbetts@state.de.us

DISTRICT OF COLUMBIA

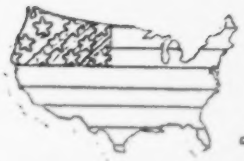
Who Teaches Physical Education: The elementary school level uses only certified physical education teachers to teach physical education. Both the middle and high school levels use only certified health and physical educators to teach physical education. There are varied requirements to maintain certification.

Student Requirements: Physical education is strongly recommended for grades K through 6. Ninety-five percent of the lower grades have a physical education program, which provides approximately 40 to 50 minutes per week. The middle and high school levels require a physical education program. The high school requirement extends only through grade 10 and provides 60, 50-minute classes for 9th grade and 120, 50 minute classes for 10th grade. Physical education grades are included in the grade point average. No other activity substitutions are allowed.

Enforcement: The middle school and high school requirement is enforced through requiring that students have a passing grade in physical education to graduate.

Physical Education Standards: The District of Columbia has standards that are based on the National Standards for Physical Education. District-wide assessment is currently in process.

Class Size: At all levels, class size averages between 20 and 30 students.

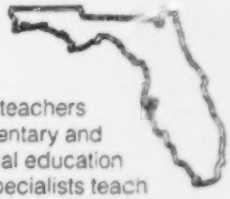


Curriculum: The physical education curriculum includes fitness development, motor/sport skills, affective development, and basics of biomechanics and exercise science.

Comments: Recent improvements in the physical education program center on the development of standards and an in-service program for teachers.

Contact Person: Dr. Stephen B. Robbins, Content Specialist for Health, Physical Education, District of Columbia Public Schools, Union Square, 825 N. Capitol St. NE, Room 8117, Washington DC 2002, Phone (202) 442-5641, Fax (202) 442-5602, email: stephen.robbins@k12.dc.us

FLORIDA



Who Teaches Physical Education: Certified physical education specialists and classroom teachers teach physical education at the elementary and middle school levels. Certified physical education and health and physical education specialists teach physical education at the high school level. There are requirements for recertification.

Student Requirements: There is no physical education mandate at the elementary and middle school level. Two semesters of physical education is mandated for the high school level. One hundred percent of the high schools meet the mandate. Grades are included in the grade point average. Substitutions are allowed. Two full seasons of a junior varsity or varsity sport and the passing of the personal fitness competency test with at least a C or better is required in order to waive the one credit physical education requirement. No time mandates exist.

Enforcement: There is no enforcement of the high school mandate other than the two semesters that are required for graduation.

Physical Education Standards: There are state standards for physical education that are based on the National Standards for Physical Education. No statewide assessment nor physical fitness assessment are conducted.

Class Size: Classes at all levels average 40 or more students.

Curriculum: Fitness development, sport/motor skills, and affective development are included each year.

Contact Person: Brandy Bartol, Physical Education, Driver Education, and Adapted Physical Education Curriculum Specialist and 21st Century Liaison, Florida Department of Education, 325 Gaines Street, #444, Tallahassee, FL 32399, Phone (850) 413-0015, Fax (850) 922-0028, email: bartolb@mail.doe.state.fl.us

GEORGIA

Who Teaches Physical Education: In elementary schools classroom teachers holding K-3 or 4-8 certificates and certified health and physical education specialists teach physical education. At the middle and high school levels, only certified health and physical education specialists teach physical education. To renew certification, teachers must complete 10 hours of college credit or staff development units every five years in addition to meeting special Georgia renewal requirements. A combination is acceptable.

Student Requirements: Physical education is mandated by the state. At the elementary level 90 hours of health and physical education per year is required. At the middle school, instruction in health and physical education must be available and the high school level, ½ unit in personal fitness and ½ unit in health are required which is usually taken in 9th grade. All schools meet this requirement. Physical education grades are not included in the grade point average. Substitutions are not allowed.

Enforcement: The state enforces the mandate.

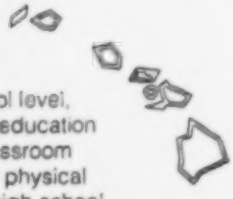
Physical Education Standards: There are statewide standards for physical education but no statewide assessment of those standards. Physical fitness is not assessed on a statewide basis.

Class Size: The sizes range from 40-54 at all educational levels.

Curriculum: In general all physical education curricula include physical fitness, sport/motor skills and affective development.

Contact Person: Dr. Kay Wideman, Assistant Curriculum Director, Georgia Department of Education, 1766 Twin Towers East, Atlanta, GA 30334, Phone (404) 656-3042, Fax (404) 656-7096, email: kwideman@doe.k12.ga.us

HAWAII



Who Teaches Physical Education: At the elementary school level, approximately 80 percent of physical education is being presented by generalists (classroom teachers with introductory elementary physical education course work). Middle and high school physical education is taught by certified health/ physical education specialists and by classroom teachers. Currently there are no recertification requirements.

Student Requirements: Students in grades K-6 are expected to participate in physical education 90 minutes per week. Middle and high school students must participate one

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year or two semesters. One hundred percent of the schools are in compliance. No class time average is available. At the high school level, physical education grades are included in the grade point average and no substitutions are permitted.

Enforcement: There is no enforcement of the mandate.

Physical Education Standards: There are statewide standards based upon the National Standards for Health and Physical Education but there is no statewide assessment. Physical fitness is not assessed on a statewide basis.

Class Size: The elementary and middle schools' classes average between 20-30 students. High school classes average 30-40 students.

Curriculum: Physical development, sport/motor skills and affective development are part of the curriculum every year.

Contact Person: Dan Yahata, Educational Specialists for Health and Physical Education, Hawaii Department of Education, 189 Lunalilo Home Road, Honolulu, HI 96825, Phone (808) 394-1331, Fax (808) 394-1304, email:dan_yahata@notes.k12.hi.us

IDAHO

Who Teaches Physical Education: Elementary school level physical education is taught by certified physical education specialists, classroom teachers, and other practitioners. Middle and high school students are taught by certified health and physical education specialists. Six hours every five years are required to meet continuing education certification.

Student Requirements: Physical education is required for grades 1-8. Time is not designated. Each local school district determines format. High schools are not required to offer physical education. There is no graduation requirement and using grades in the grade point average is also a local decision. However, all schools at all levels offer some form of physical education. No data is available as to the relative frequency or time allowed per class. Substitutions are determined by school district policy.

Enforcement: No enforcement of the mandate for grades 1-8 exists.

Physical Education Standards: No statewide standards for physical education have been developed and there are no statewide assessments of physical education or physical fitness.

Class Size: No information is available relative to class size.

Curriculum: The physical education curriculum provides for physical fitness, sport/motor skills and affective development for each year.

Contact Person: Barbara Eisenbarth, HIV/AIDS/Health Education Coordinator, Idaho Department of Education, Box 83720, Boise, ID 83720-0027, Phone (208) 332-6950, Fax (208) 334-4664, email: beisenb@sde.state.id.us

ILLINOIS

Who Teaches Physical Education: Certified physical education specialists teach physical education at the elementary, middle and high school levels. Continuing education credits are required by the state for recertification.

Student Requirements: The state requires daily physical education grades K-12. Credits are offered, but this varies from district to district. It is a district choice whether to include physical education grades in the grade point average. At the high school level, health education is allowed to count as physical education. Substitutions are allowed, such as athletics, marching band, ROTC and for meeting certain graduation deficiencies.

Enforcement: The mandate is enforced through local district assurances. However, schools may be granted waivers for various reasons from the requirement by requesting permission from the State Board of Education.

Physical Education Standards: There are statewide standards for physical education which are based on the National Standards for Physical Education. No statewide assessment has commenced. No statewide assessment of physical fitness exists.

Class Size: The maximum class size at all levels for physical education is over 40.

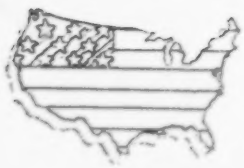
Curriculum: The physical education curriculum provides for physical fitness development, motor/sport skills and affective development each year and at all levels.

Contact Person: Glenn Steinhausen, Principal Education Consultant, Illinois State Board of Education, Secondary Education Division, 100 North First Street, N-242, Springfield, IL 62777-0001, Phone (217) 782-2826, Fax (217) 785-9210, email: gsteinha@isbe.net

INDIANA

Who Teaches Physical Education: At the elementary school level certified physical education and classroom teachers teach physical education. At the middle and high school levels, certified health and physical education teachers teach physical education. To maintain state licensure, a teacher must have five years of teaching experience and a master's degree.

Student Requirements: Physical education is mandated at all educational levels only in that it is a part of a



balance of learning experiences in certain subject areas of which physical education is one. It is estimated that 85% of the elementary schools meet the mandate and 100% of the middle and high schools. At the elementary level, there is no time requirement except that the curriculum shall be consistent with the physical education standards. It is recommended that grade K-3 students receive a minimum of 105 minutes per week, grade 4-6 students about 75 minutes and, middle school students receive about 100 minutes per week. Physical education is offered every semester. However, at the high school level two semesters of physical education are required to graduate. Physical education grades are included in the grade point average. No substitutions are allowed. Time is consistent with other academic subjects to earn one credit.

Enforcement: There is no enforcement of the mandate to provide physical education.

Physical Education Standards: There are statewide standards for physical education based on the National Physical Education Standards but there is no statewide assessment of the standards.

Class Size: Elementary school class size averages 20-30 students and the middle and high school classes average between 31-40 students.

Curriculum: The physical education curriculum includes fitness development, motor/sport skills and affective development.

Comments: Although there seems to be a trend for more classroom teachers teaching elementary physical education, the state legislative resolutions may offer measures to improve physical education.

Contact Person: Suzanne Crouch, Education Consultant, Office of Program Development, Indiana Department of Education, Room 229, State House, Indianapolis, IN 46204-0325, Phone (317) 234-0325, Fax (317) 232-9121, email: scrouch@doe.state.in.us

IOWA

Who Teaches Physical Education: At the elementary and middle school levels (K-6), certified physical education specialists, classroom teachers and other practitioners teach physical education. Self-contained classes do not require physical education endorsement. Certified physical education **specialists teach physical education at the high school level.** Six co[illegible]e credits every five years are required to maintain certification. All schools offer physical education at all levels.

Student Requirements: Physical education is mandated by the state. For grades 1-8 there is no time requirement. In grades 9-12, a minimum of 50 minutes per week and eight semesters are required. Most schools do not include grades in the grade point average. Local school districts decide whether students pass physical education or merely participate. Substitutions are allowed.

Enforcement: The mandate is enforced through accreditation based on the Basic Educational Data Survey.

Physical Education Standards: There are no physical education standards or statewide assessment of standards or health related physical fitness.

Class Size: At the elementary and middle school levels, class size averages between 20 and 30 students. At the high school level, classes range from 20-40.

Curriculum: Although fitness development, sport/motor skills and affective development is part of the curriculum every year for all levels, the quality level rests with the teacher.

Contact Person: Ed Thomas, Consultant, Iowa Department of Education, Grimes State Office Building, Des Moines, IA 50319, Phone (515) 281-3933, Fax (515) 242-6025, email: ed.thomas@ed.state.ia.us

KANSAS

Who Teaches Physical Education: At the elementary level, certified physical education specialists teach physical education. At the middle and high school levels, certified health and physical education specialists teach physical education. The state requires a professional development unit equal to one graduate credit over unspecified time to maintain certification.

Student Requirements: Physical education is mandated by the state for elementary and high school but not middle school. There are no time nor content requirements. At the high school level, one unit in physical education is required and it may include health education. Substitutions are not allowed. Grades are not required to be included in the grade point average. All elementary and high schools offer physical education and 95% of the middle schools.

Enforcement: The mandate is enforced through graduation certification and school assessment.

Physical Education Standards: There are state standards for physical education that are based on the National Standards for Physical Education. No statewide assessment is conducted. Physical fitness is not tested on a statewide basis.

Class Size: Physical education classes at all levels average between 31 and 40 students.

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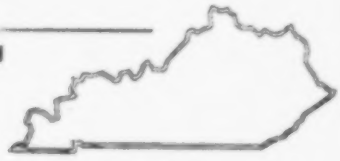
Curriculum: Physical development, sport/motor skills and affective development is a part of the curriculum at all levels and each year.

Contact Person: Dr. Darrel Lang, Health and Physical Education Program Consultant, Kansas State Department of Education, 120 SE 10th Street, Topeka, KS 66612-1182, Phone (785) 296-6716, Fax (785) 296-5867, email: dlang@ksde.org

KENTUCKY



Who Teaches Physical Education: At the elementary level both certified physical education teachers and classroom teachers, under the direction of the physical education teacher, teach physical education. At the middle school, certified health/physical education teachers teach physical education. Both certified physical education and health/physical education teachers may teach physical education at the high school level. All teachers must be certified in their content area and must complete their masters degree by their tenth year to maintain certification.

Student Requirements: Physical education is mandated by the state. However, there is no mandated time for physical education. It is estimated that at the elementary levels students participate 1-2 days per week for 30-40 minute periods. Middle school students have nine weeks to one semester per year and high school students are required to earn ½ credit in physical education which may cover one semester or one year depending on the weekly frequency. However, physical education is assessed at grades 5,8, and 10 as part of the state assessment for school accountability. The state assessment covers academic expectations and core content for physical education as a means for school accountability not student accountability. It is left up to the local schools whether they use the results of the CATS (Commonwealth Accountability Testing System) assessment as a determining factor toward an individual student's grade. Test results are broken down into sub-domains that identify which questions are health questions and which are physical education. Physical education grades are included in the grade point average. No substitutions are allowed for the ½ credit high school requirement.

Enforcement: Schools that do not perform well on the state assessment are audited and sanctions are put in place.

Physical Education Standards: There are state standards for physical education based on the National Standards for Physical Education and there is statewide assessment as noted above.

Class Size: Elementary classes average 20-30 students, middle school 31-40 students and no information is available for high school.

Curriculum: The physical education curriculum includes physical development, motor/sport skills, and affective development.

Contact Person: Connie Shackelford, Health & Physical Education Consultant, Division of Curriculum Development, Kentucky Department of Education, 500 Mero Street, Frankfort, KY 40601, Phone (502) 564-2106, Fax (502) 564-9848, email: cshackel@kde.state.ky.us

LOUISIANA

Who Teaches Physical Education: At the elementary school level, classroom teachers teach physical education. At the middle school level, both classroom teachers and certified health and physical education specialists teach physical education. Only certified health and physical education specialists teach physical education at the high school level. There are no requirements to maintain certification.

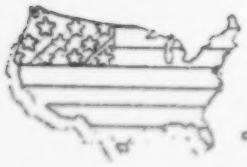
Student Requirements: The Louisiana Department of Education, Bulletin 741, sets the hours required in health and physical education. Grades 1-6 receive 150 minutes per week, grades 7 and 8 "health and physical education, elective, exploratory studies" is set at 275 minutes per week for students on a six period day option or 250 minutes per week for a seven period day schedule. Grades 9-12, in order to graduate from high school, students must pass 1.5 Carnegie credits in physical education (270 hours) plus ½ credit in health education (90 hours). Grades are included in the grade point average. Substitutions are allowed for off campus activity such as bowling, golf, swimming, etc., if documented and approved.

Enforcement: The mandate is enforced through the requirement that each student must meet the physical education requirements to be promoted or to graduate.

Physical Education Standards: Presently there are no statewide standards or assessment of physical education and/or health related physical fitness. Health standards have been written and are in the draft form.

Class Size: The elementary school class sizes range from 20-30 students and the middle and high school classes range from 30-40 students.

Curriculum: The physical education curriculum provides for fitness development and sport/motor skills for every academic year. The health education curriculum provides for affective development.



Contact Person: Ann Wilson, Program Coordinator, Louisiana Department of Education, PO Box 94064, 626 N. Fourth St., Baton Rouge, LA 70804-9064, Phone (225) 342-1152, Fax (225) 342-9891, email: awilson@mail.doe.state.la.us

MAINE

Who Teaches Physical Education: In the elementary grades, certified physical education specialists and classroom teachers teach physical education. At the middle and high school levels, certified physical education specialists teach physical education and some are also certified to teach health. To be recertified, teachers must complete six hours of approved study or two classes every five years.

Student Requirements: The state mandates physical education. However, only the elementary and high schools have specific requirements. The middle school is directed by local decision. All schools report having a physical education program. The elementary level reports an average of 45 minutes per week at every grade level. The high school requires two semesters of physical education and one credit for graduation. Physical education grades are included in the grade point average and no substitutions are allowed.

Enforcement: The mandate is enforced through a required local report.

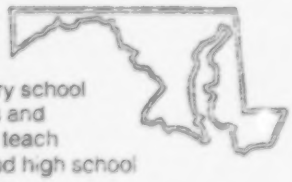
Physical Education Standards: There are statewide standards for physical education but no statewide assessment. Statewide assessment is in process. The National Standards for Physical Education are the basis for Maine's standards.

Class Size: All classes at all levels average 20-30 students.

Curriculum: The curriculum includes fitness development and motor/sport skill education. Affective development varies by local district.

Contact Person: Stephanie Swan, Health Education Consultant Specialist, Maine Department of Education, 23 State House Station, Augusta, ME 04333, Phone (207) 287-1076, Fax (207) 287-5927, email: Stephanie.swan@state.me.us

MARYLAND



Who Teaches Physical Education: At the elementary school level, both classroom teachers and physical education specialists teach physical education. Middle and high school physical education is taught by certified health and physical education specialists. To maintain certification, six graduate credits must be completed every five years.

Student Requirements: Physical education is required by state mandate. Each local school district provides an instructional program each year for all grades K-8. Compliance is approximately 90%. One half credit is required for graduation. Grades are included in the grade point average. All high schools are in compliance. Substitutions are not allowed. There are no time requirements per week for any level.

Enforcement: The mandate is not strictly enforced. Superintendents must sign a letter stating compliance but there are no sanctions for failure to meet the mandate.

Physical Education Standards: Presently, there is no assessment program. Physical fitness is not assessed statewide. At the local level, fitness is assessed through Fitnessgram and the President's Challenge Youth Physical Fitness Program. New state standards are reflected in the revised COMAR (Code of Maryland Regulations).

Class Size: The elementary and middle school classes range from 20-40 plus students. High school classes average over 40 students.

Curriculum: Fitness development, sport/motor skills and affective development is part of each school's curriculum each year.

Contact Person: Betsy Gallun, Specialist, Health and Physical Education, Maryland Department of Education, 200 W. Baltimore St., Baltimore, MD 21201, Phone (410) 767-0327, Fax (410) 333-2050, email: bgallun@msde.state.md.us

MASSACHUSETTS

Who Teaches Physical Education: At the elementary school level, both classroom teachers and certified physical education teachers teach physical education. The middle schools use only certified physical education teachers or certified health and physical education teachers. The high school level uses only certified health and physical education teachers. To maintain certification, teachers must complete PDP's (professional development points) on a regular basis.

Student Requirements: Physical education is mandated by the state. At all grade levels the total hours of physical education is determined by the local school districts. Grades are given and they are included in the grade point average. Graduation requirements are decided by the local school district. Individual school districts may allow students to petition to have out of school activities counted toward satisfaction of the physical education requirements, but these activities, if approved, do not count toward total instruction time as constituted in Massachusetts regulations.

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Enforcement: The mandate is enforced through visits for grant programs. All elementary schools are in compliance, but only 85 % of the middle schools and 70% of the high schools meet the mandate to offer physical education.

Physical Education Standards: The state has standards for physical education, which are based on the National Standards for Physical Education. There is a statewide assessment of the standards. There is no statewide assessment of physical fitness.

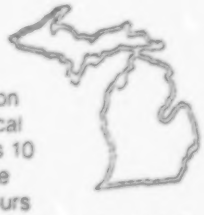
Class Size: At all educational levels, the class size averages between 20 and 30 students.

Curriculum: The physical education curriculum includes fitness development, motor/sport skills and affective development.

Comments: There has been recent strong support for meeting the mandate requirements from the Commissioner of Education.

Contact Person: Charles Radlo, Educational Specialist, Learning Support Services Cluster, Massachusetts Department of Education, 350 Main Street, Malden, MA 02148, Phone (781) 338-6314, Fax (781) 338-3394, email: cradlo@doe.mass.edu

MICHIGAN



Who Teaches Physical Education: Certified physical education or certified teachers of health and physical education at all levels. The state requires 10 credit hours prior to provisional certificate expiration (5½ to 6½ years). 18 credit hours plus three years of teaching experience need to be attained after graduation to receive professional certificate. Once obtaining professional certificate, the professional must obtain six semester hours of credit every five years for recertification. Local districts may set additional requirements.

Student Requirements: The state requires that physical education be provided. Each district is allowed to determine when and how much physical education will be provided. Fifty percent of the elementary schools offer physical education about 30 minutes twice a week. The middle school (grades 6-8) vary greatly from six weeks to a full year. Most high schools require two semesters (50%), and 37% offer one semester requirement for graduation. Ninety-five percent of the schools offer physical education. Districts determine time per day and week as well as credits. Physical education grades are not always included in the grade point average. Substitutions are allowed. The state law requires one semester requirement for graduation.

Enforcement: There is no enforcement of the state mandate.

Physical Education Standards: There are state standards for physical education. The National Standards for Physical Education are used. However, there is no statewide assessment of the standards.

Class Size: Elementary class size average 20-30 students, middle and high school classes average 31-40 students.

Curriculum: The physical education curriculum includes fitness development, motor/sport skills, personal/social skill development, and affective development activities at all levels of education. The Governor's Council on Physical Fitness, Health and Sports is developing Exemplary Physical Education Curriculum that meet state and national standards. The curriculum has been completed for grades K-5 and a Personal Conditioning Unit for grades 6-8.

Comments: The Michigan State Board of Education approved a policy late in the year 2000 that affirms physical activities, including recess and physical education programs as key components to creating effective learning environments.

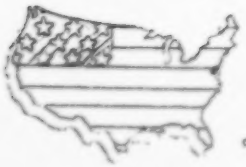
Contact Person: Elizabeth Coke Haller, Physical Education Consultant, Michigan Department of Education, Office of School Excellence, Learning Support Unit, Hannah Building, Second Floor, 608 West Allegan Street, P.O. Box 30008, Lansing MI 48909, Phone (517) 373-4582, Fax (517) 373-1233, email: hallere@state.mi.us

MINNESOTA

Who Teaches Physical Education: At the elementary school level, classroom teachers and certified physical education specialists teach physical education. At the middle school level, both certified physical education specialists and health and physical education specialists teach physical education. At the high school level, only health and physical education specialists teach physical education. Continuing education units and/or graduate course work credit is required for recertification.

Student Requirements: Physical education is mandated through the inclusion of physical education in state standards. However, there is no mandated time per week, semester, year or level. At the high school level, some schools include physical education grades in the grade point average and/or completion of the state standard for graduation. Substitutions are allowed. Fitness club participation and other after school activities are accepted for physical education substitutes in some high schools.

Enforcement: As a "local control" state there is no state mandate for physical education "seat time." However, most school districts require physical education at all levels.



Physical Education Standards: There are statewide standards for physical education that are based on the National Standards for Physical Education. Assessment for physical education is done through statewide standards that are performance-based and require scoring student work. Even though the standards aren't enforced, each school district must notify the state as to their curricular content and which standards they are assessing and at what levels. Physical fitness is not tested on a statewide basis.

Class Size: No information is available for average elementary physical education class size. Middle and high school classes average 30-40 students.

Curriculum: Fitness development, sport/motor skills and affective development are a part of all curricula at all levels each year.

Contact Person: Geri Graham, Coordinated School Health Specialist, Minnesota Department of Education, 1500 W. Highway 36, Roseville, MN 55113-4266, Phone (651) 582-8361, Fax (651) 582-8495, email: geri.graham@state.mn.us

MISSISSIPPI

Who Teaches Physical Education: At the elementary school (K-6) level, licensed physical education specialists and classroom teachers teach physical education. At the secondary school level, only licensed physical education specialists teach physical education. Licensure is maintained by periodic achievement of additional coursework or CEUs.

Student Requirements: At the elementary and middle school levels (K-8), physical education is mandated as a part of the instructional program. The time spent in each physical education class is determined by district scheduling. Grades are based on local district grading scales. At the secondary level, physical education is not required for graduation. Elective units in physical education include participation in interscholastic athletic activities that meet the instructional requirements specified in the Fitness through Physical Education Framework and that are sanctioned by the Mississippi High School Activities Association. Physical education grades are included in the grade point average. Approximately 90% of the schools provide physical education programs.

Enforcement: The Office of Accreditation may make site visits to determine compliance with state mandates and accreditation requirements.

Physical Education Standards: State standards exist for physical education and are based on the National Standards for Physical Education. No statewide assessment is conducted. Physical fitness testing is not conducted on a statewide basis.

Class Size: Elementary (K-6) classes average 20-27 students and secondary classes (7-12) average 31-40 students.

Curriculum: The physical education curriculum includes fitness development, motor/sport skills and affective development.

Comments: Mississippi Public School Accountability Standards (revised Bulletin 171 manual) item 33 requires physical education to be a part of the instructional program for grades K-8.

Contact Person: Wendy Tucker, Division Director Curriculum, Mississippi Department of Education, 359 N. West Street, Jackson, MS 39205, Phone (601) 359-2586, Fax (601) 359-2040, email: wctucker@mde.k12.ms.us

MISSOURI

Who Teaches Physical Education: At all educational levels, physical education is taught by certified physical education specialists. At the middle and high school, health education and physical education may be a part of the certification. Teachers must meet state recertification standards after a specified number of years.

Student Requirements: Physical education is mandated by the state. At the elementary level 50 minutes per week is required. In the middle school 3000 minutes per year are required and may be secured by using various scheduling plans. High schools are required to offer two semesters of daily physical education for one credit unit. Physical education must be passed in order to graduate. No substitutions are allowed. Grades are included in the grade point average.

Enforcement: The mandate is enforced through regular reviews.

Physical Education Standards: There are standards for physical education which are based on the National Standards for Physical Education. Statewide assessment has commenced for grades 5 and 9. A written state exam and a local fitness exam are administered. The statewide fitness test is based on both the Fitnessgram and the President's Challenge Youth Physical Fitness Program.

Class Size: The elementary school classes average 20-30 students. Middle and high school classes may enroll up to 45 students per class.

Curriculum: Fitness development, sport/motor skills and affective development are a part of the curriculum at all levels each year.

Contact Person: Mari Ann Bihr, Health/PE Consultant, Missouri Department of Elementary and Secondary

Education, Box 480, Jefferson City, MO 65102-0480, Phone (573) 751-0448, Fax (573) 526-7861, email: mbihr@mail.dese.state.mo.us

MONTANA

Who Teaches Physical Education: There is no physical education certification requirement. At the elementary school level approximately 25% of the physical education classes are taught by physical education specialists and the remainder by classroom teachers. At the middle and high school levels, only certified physical education specialists teach physical education. The state requires teachers to earn six university credits every five years or in-service credits to maintain their certification. Local districts may have additional requirements.

Student Requirements: At the elementary (k-6) level the state mandates daily physical education but does not specify amount of time. At the middle school level, one semester per year is mandated; at the high school level, two semesters during Grades 9-12. Elementary school classes average 15-30 minutes daily. Middle and high school classes average 112 minutes per week during the semester of physical education. Most schools include physical education grades in the grade point average. No substitutions are allowed.

Enforcement: No data is available relative to enforcement. Each school district must address physical education class schedules, class sizes, and enrollment. All school levels are 100% in compliance.

Physical Education Standards: There are state standards for physical education but no statewide assessment of standards. The National Standards for Physical Education are not used. There is no statewide assessment of physical fitness.

Class Size: All school levels report class size averages 20-30 students.

Curriculum: The physical education curriculum includes fitness development, motor/sport skills and affective development as key components of the curriculum.

Comments: Increasing mandated physical education time at the middle and high school levels would be desirable. Teachers are working to teach to and assess physical education standards. There appears to be broad support for physical education as more information is given concerning its value as health enhancement.

Contact Person: Rick Chiotti, Health Education Specialist, Health Enhancement and Safety Division, Montana Office of Public Instruction, PO Box 202501, Helena, MT 59620-2501, Phone (406) 444-1963, Fax (406) 444-3924, email: rchiotti@state.mt.us

NEBRASKA

Who Teaches Physical Education: At the elementary school level, both classroom teachers and certified physical education specialists teach physical education. At the middle and high school levels, both certified physical education and health and physical education specialists teach physical education.

Student Requirements: There are requirements for schools to provide physical education in order to be accredited. Nebraska's Accreditation Rule requires that elementary weekly schedules give evidence that physical education is provided at least once a week. At the secondary level, each school must provide 20 instructional units or two years of daily classes in personal health and physical fitness. No data is available on what individual schools require. There are currently no state student requirements for physical education. Nebraska is a local control state with those types of decisions left up to each individual district to decide. Grades are included in the grade point average. Substitutions are allowed and local school districts can choose to waiver personal health and physical fitness for their students. Practice for and participation in interscholastic athletic activities are not accepted as a substitute for any part of the personal health and physical fitness requirement.

Enforcement: No enforcement is necessary.

Physical Education Standards: There are no physical education standards and no statewide physical fitness testing. In October of 1997, the Nebraska Department of Education developed a Health Education Frameworks document.

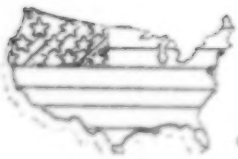
Class Size: Currently there is no data available relative to class sizes in physical education.

Curriculum: No information is available. Each district establishes its own curriculum.

Contact Person: Currently there is no consultant for health and physical education. All inquiries should be sent to the Administer of Curriculum, Donlynn Rice, Nebraska Department of Education, 301 Centennial Mall South, Lincoln, NE 68509, Phone (402) 471-3240, Fax (402) 471-8850, email: drice@nde.state.ne.us

NEVADA

Who Teaches Physical Education: At the elementary and middle school levels, certified health and physical education and classroom teachers teach physical education. At the high school level, only certified physical education and health and physical education teachers



teach physical education. Six credits every six years are required for recertification.

Student Requirements: Physical education is not mandated by the state, except for high school. No time requirements are specified for grades K-8. For grades 9-12 two credits (equivalent to 4 semesters) are required for graduation. Grades are given and are usually included in the grade point average. Substitution of other activities is allowed. No data is available to ascertain the extent that physical education programs are offered.

Enforcement: The high school mandate is left to individual local school districts.

Physical Education Standards: There are standards based on the National Standards for Physical Education. However, there is no statewide assessment of them or of physical fitness.

Class Size: Elementary classes average 20-30 students, middle school over 40 and high school classes average 31-40 students.

Curriculum: The physical education curriculum includes physical development, motor/sport skills and affective development.

Comments: Physical education time is being decreased to allow more time for other subjects.

Contact Person: Marianne Carr, Health Education Consultant, Nevada Department of Education, 700 E. Fifth Street, Carson City, NV 89701-5096, Phone (775) 687-9162, Fax (775) 687-9119, email: mcarr@nsn.k12.nv.us

NEW HAMPSHIRE

Who Teaches Physical Education: At the elementary school level, certified physical education specialists, and occasionally classroom teachers or other personnel, teach physical education. At the middle and high school levels, only certified physical education specialists teach physical education. To maintain certification, teachers must complete 30 clock hours of content area endorsement plus 45 clock hours of other study based upon district goals over a three-year period.

Student Requirements: Physical education is mandated by the state. Credit is offered. Local school boards set the time schedule on an annual basis for the elementary school level. A minimum of 35 hours per year must be offered at the middle/junior high school level. Two units of physical education are required to be offered at the high school level, yet only one unit is required for graduation. One unit equals 135-150 clock hours depending on the school district's schedule. Grades in physical education are not included in the grade point average. All schools offer physical education. Substitutions for physical education are allowed but are rare.

Enforcement: The mandate is enforced through a school approval process.

Physical Education Standards: No statewide standards or assessment of physical education is available. No statewide assessment of physical fitness is conducted.

Class Size: Class sizes range from 20-30 students at all levels.

Curriculum: Developmentally appropriate, systemic instruction in fitness, sport/motor skills, leadership skills and healthful living are designated by state code for all physical education programs at every level for each year.

Contact Person: Marcia McCaffrey, Education Consultant, New Hampshire State Department of Education, 101 Pleasant Street, Concord, NH 03301, Phone (603) 271-3193, Fax (603) 271-1953, email: mmccaffrey@ed.state.nh.us

NEW JERSEY

Who Teaches Physical Education: At the elementary and middle school levels, elementary certified teachers, certified health and physical education specialists or certified physical education specialists teach physical education. In high school, certified physical education specialists and certified health and physical education specialists teach physical education. Physical education teachers are expected to complete 100 hours of professional development every five years but it does not impact licensure.

Student Requirements: Physical education is mandated by the state. Grades 1-12 are covered by existing statute that requires 150 minutes of health, physical education and safety per week (but the Core Curriculum Content Standards address grades K-12). High school students must attain 3¾ credits per year of health and physical education for each year of enrollment. Schools tend to run three marking periods of physical education to one of health or split one semester of each for each year. Substitutions are allowed. At the high school level, the district decides if students are allowed to achieve the standards in any subject area through alternative activities or interdisciplinary instruction. Districts also decide if grades for physical education will be included in the grade point average.

Enforcement: Requirements are monitored (every 7 years) by the county office of education. Physical education in all schools is reported to be in compliance with the requirements. Many schools are still working to align their programs with the core standards. Assessments are in development but have not yet been implemented. Fitness testing or a specific fitness test is not mandated.

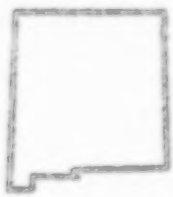
Physical Education Standards: There are state standards for physical education. The National Standards for Physical Education were used as a resource in developing New Jersey's standards. The standards require that students learn how to measure fitness but a specific tool or program of fitness testing is not mandated.

Class Size: No data is available relative to class size for all grade levels.

Curriculum: Curriculum is locally developed. Fitness development and motor/sport skills are included since they are in the state standards. Affective development is not included and no data is available.

Contact Person: Linda Morse, Coordinator, Health and Physical Education, New Jersey Department of Education, Box 500, Trenton, NJ 08625-0500, Phone (609) 777-4809, Fax (609) 292-7276, email: lmorse@doe.state.nj.us

NEW MEXICO



Who Teaches Physical Education: At the elementary school level, both classroom teachers and certified physical education specialists teach physical education. At the middle and high school levels, only certified physical education specialists teach physical education. Once a physical education teacher is licensed to teach, and certified as a physical educator, he/she is not required to do anything else to maintain certification. Local school districts may have other requirements.

Student Requirements: Physical education is mandated at all school levels. At the elementary school level, students must meet content standards and benchmarks for physical education. Each school district determines time allotments. At the middle school level, one year of physical education is required for 7th grade students and at the high school level, one year is required within the four years. The one year requirement requires daily classes. Grades are given and included in the grade point average. Exit requirements are set by the school district and must be met for graduation. Going into effect during the 2001-02 school year, substitutions are allowed as marching band was recently approved as an alternative to the physical education requirement at the high school level.

Enforcement: The mandate is enforced through state accreditation.

Physical Education Standards: New Mexico has state standards for physical education which are based on the National Standards for Physical Education. There is no statewide assessment of the standards or of physical fitness of the students.

Class Size: Elementary class sizes range from 20-30 students, middle school from 20-35 and high school classes range from 30-40 students.

Curriculum: All levels of education curricula include physical development and sport/motor skills. There are no state curriculum requirements. Affective development is offered in some schools.

Contact Person: Louella Gonzales Buchanan, Ed.D., Assistant Director School Health, New Mexico Department of Education, 120 S. Federal Place, Santa Fe, NM 87501, Phone (505) 827-1864, Fax (505) 827-1826, email: lbuchanan@sde.state.nm.us

NEW YORK

Who Teaches Physical Education: At the elementary school level, certified physical education specialists and classroom teachers teach physical education. At the middle and high school levels, only certified physical education specialists teach physical education. The requirement to maintain certification is to obtain a master's degree and other graduate credits.

Student Requirements: Physical education is mandated by the state. At all levels of education 120 minutes per week every semester is required. At the high school level, two credit units are required to graduate. Some school districts include grades in the grade point average. Substitutions are accepted if the activity meets state standards for time and content.

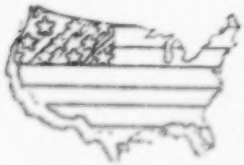
Enforcement: Mandate is enforced through state visits and district reviews.

Physical Education Standards: There are state standards for physical education and a statewide assessment of the standards are now in effect. Statewide assessment of physical fitness is conducted through the standards assessment.

Class Size: All classes at all levels average between 20 and 30 students.

Curriculum: Physical development, sport/motor skills and affective development are part of the physical education curriculum of all schools at all levels each year.

Contact Person: Kent Gray, Associate in Physical Education, New York State Education Department, Room 681 EGA, Albany, NY 12234, Phone (518) 474-5922, Fax (518) 473-4884, email: kgray@mail.nysed.gov



NORTH CAROLINA

Who Teaches Physical Education: Only certified physical education specialists teach a full day of physical education at all levels of education. Uncertified teachers may teach less than 50% of the day. State recertification requires approximately 150 hours of CEU credit every five years.

Student Requirements: Physical education is mandated but there are no state mandated time allocations per day or week for elementary and middle schools. At the high school level, one semester of physical education is required to graduate. Grades are given and included in the grade point average. No substitutions are permitted.

Enforcement: The mandate is enforced through the graduation requirement at the high school level only.

Physical Education Standards: There are statewide standards which are based on the National Standards for Physical Education to be implemented in the 2002 school year. However, there is no statewide assessment of the standards and no statewide assessment of physical fitness.

Class Size: All classes at all levels of education average 23-40 students.

Curriculum: Physical development, cognitive, sport/motor skills and affective development are part of all curricula at all levels every year.

Contact Person: Kymm Ballard, Physical Education Consultant, North Carolina Department of Public Instruction, Healthful Living Section, 301 N. Wilmington St., Raleigh, NC 27601-2825, Phone (919) 807-3858, Fax (919) 715-3826, email: kballard@dpi.state.nc.us

NORTH DAKOTA

Who Teaches Physical Education: At the elementary school level, classroom teachers or teachers with a major or minor in physical education teach physical education. At the middle and high school levels, only certified physical education specialists teach physical education. Middle level/Junior High School physical education teachers' academic preparation shall include at least eight semesters or 12 quarter hours of physical education which includes preparation in administration of physical education or teaching in physical education and first aid. Academic credit for varsity sports is not applicable. At the high school level a major or minor in physical education is required. School districts may have additional requirements.

Student Requirements: Physical education is mandated by the state. At the elementary level K-6, 90 minutes per week are required. However, 30 minutes of supervised free play may be accepted toward the 90 minutes per week for students in grades K-3. At the middle school level, students must be enrolled in physical education for 80 minutes per week. At the high school level, one unit equaling 120 hours is required. Grades are given and included in the grade point average. No substitutions are allowed.

Enforcement: The mandate is enforced through accreditation.

Physical Education Standards: There are state standards for physical education which are based on the National Standards for Physical Education. No statewide assessment of the standards or of physical fitness is conducted.

Class Size: Class size for all grades at all levels average 20-30 students.

Curriculum: Physical development and sport/motor skills are part of the curricula for physical education at all grades and levels of education. No data exists to support the extent of affective development inclusion.

Contact Person: Linda Johnson, School Health Programs, North Dakota Department of Public Instruction, 600 E. Boulevard Ave., Bismarck, ND 58505-0440, Phone (701) 328-4158, Fax (701) 325-4770, email: ljohnson@mail.dpi.state.nd.us

OHIO

Who Teaches Physical Education: The classroom teacher can teach physical education in kindergarten through grade eight. Courses where credit is given must be taught by a properly credentialed teacher in grades seven through twelve.

Student Requirements: The school operational standards require that physical education be a part of a total school program. No specific minutes per day or week are required by the state, leaving it to the local school districts to determine the amount of time students receive instruction in physical education. High school students must pass one-half unit of physical education for graduation.

Enforcement: The mandate is enforced. This is tracked by EMIS reporting, the Local Report Card, and by a requirement of ½ credit of physical education for graduation.

Physical Education Standards: There are state guidelines for physical education. The Operating Standards for Ohio Schools require assessment of student progress in any subject area. There is statewide assessment of physical fitness. The President's Challenge Youth Physical Fitness Program is administered.

Class Size: Ohio does not have legislated class sizes. Local negotiated contracts determine class sizes.

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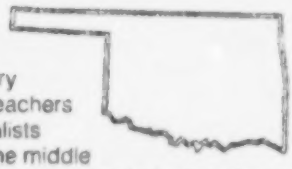
Curriculum: The State Department of Education will provide unadopted draft model curriculum guides that may be used. The physical education curriculum includes fitness development and sport/motor skills yearly at all levels of education.

Contact Person: Dr. Dan Good, Ohio Department of Education, 25 South Front Street, 5th Floor, Columbus, OH 43215, Phone (614) 466-1317, Fax (614) 995-5568, email: Dan Good@ode.state.oh.us

OKLAHOMA



Who Teaches Physical Education: At the elementary school level, both classroom teachers and physical education specialists teach physical education. At the middle and high school levels (Grades 6-12), physical education must be taught by certified physical education specialists. Some staff development experiences are required every five years.

Student Requirements: There is no specific state mandate for physical education relative to time allocation. Students must meet state standards established for physical education. School districts determine how to meet the standards. Physical education exists in 98% of the elementary schools, 85% of the middle schools and 65% of the high schools. Physical education grades are included in the grade point average. Substitutions are allowed but are decided by the school district.

Enforcement: School districts must determine how well the physical education standards are being met and decide any needed action.

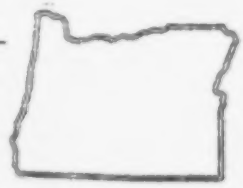
Physical Education Standards: The National Standards for Physical Education are used statewide. However, there is no statewide assessment. Assessment is done by local school districts. There is no statewide assessment of health-related physical fitness. State content standards (Priority Academic Student Skills – PASS) are aligned with the National Standards for Physical Education.

Class Size: At the elementary level, the class size represents the average grade level class, which is between 20 and 30 students. The middle and high school classes average 40 or more students.

Curriculum: The state has a physical education curriculum guide entitled "Lifetime Health and Fitness." It includes fitness development, motor/sport skills and affective development. Most school districts do not have local curriculum guides.

Contact Person: Judy G. Duncan, Health and Physical Education Coordinator, Oklahoma Department of Education, 2500 N. Lincoln Blvd., Suite 315, Oklahoma City, OK 73105-4599, Phone (405) 522-3264, Fax (405) 521-2971, email: Judy_Duncan@mail.sde.state.ok.us

OREGON



Who Teaches Physical Education: Certified physical education specialists, classroom teachers and other certified teachers may teach physical education in elementary schools. However, at the middle and high school levels, certification in physical education is required. The state requires continuing professional development to qualify for continuing licensure.

Student Requirements: Instruction in physical education is required as part of the state mandated curriculum. At the elementary and middle school levels, physical education is taught each year but the time requirement is a district decision. In high school, one year of 130 hours of instruction is required for graduation. Credit is given and grades are included in the grade point average in all districts. Substitutions are allowed and are decided by each school district.

Enforcement: The instructional requirement is enforced through School District Superintendent certification and on-site review as well as a public complaint procedure, which can result in loss of basic school support.

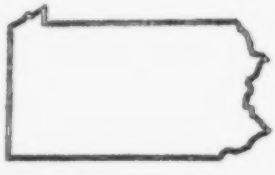
Physical Education Standards: State standards are under development. While no statewide assessment is being planned, school districts are required to set local performance standards and assess all students to assure these standards are being met.

Class Size: Elementary school class sizes average 25-35 students. Middle school classes average over 40 students and high school classes average between 30-40 students.

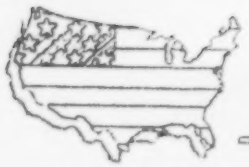
Curriculum: Motor skills and movement patterns, fitness for a lifetime and self-management and social skills are a part of all curricula at all grades.

Contact Person: Margaret Bates, Physical Education Specialist, Curriculum, Instruction and Field Services, Oregon Department of Education, 255 Capitol St. NE, Salem, OR 97310-0203, Phone (503) 378-3600, ext. 4503, Fax (503) 973-7698, email: margaret.bates@state.or.us

PENNSYLVANIA



Who Teaches Physical Education: At the elementary level certified physical education specialists generally teach physical education. Elementary education certified teachers may teach physical education in self-contained classrooms only. Certified health and physical education specialists teach physical education at the middle and high school levels. Recertification requires 180 CEUs every five years.



Student Requirements: Physical education is mandated at all levels. Instruction is to be provided to every student every year at the primary and intermediate elementary levels. Instruction is required at the middle and high school levels. No time requirement is mandated. Time allocation, grades and whether grades are included in the grade point average are determined by each school district. One hundred percent of the schools meet the mandate. No substitutions are permitted.

Enforcement: The state does not monitor schools' adherence to the mandate.

Physical Education Standards: Standards have been drafted which are somewhat based on the National Standards for Physical Education. No statewide assessment has commenced and there is no statewide assessment of physical fitness.

Class Size: There is no information available relative to class size at any level.

Curriculum: Since the school districts determine the parameters of the physical education curriculum, no information is available relative to components on a statewide basis.

Contact Person: Jack Emminger, Health and Physical Education Advisor, Pennsylvania Department of Education, 333 Market St., 8th Floor, Harrisburg, PA 17126-0333, Phone (717) 772-2167, Fax (717) 783-3946, email: jemminger@state.pa.us

RHODE ISLAND

Who Teaches Physical Education: At the elementary school level, certified physical education specialists and classroom teachers teach physical education.
At the middle school level, only certified physical education specialists teach physical education and at the high school level both certified physical education specialists and certified health and physical education specialists teach physical education. No information is available relative to recertification requirements.

Student Requirements: The state requires 100 minutes of health and physical education instruction every year at all levels of instruction. It is a local decision relative to time per week, grade, grade inclusion in the grade point average, credit and graduation requirements. No substitutions are allowed.

Enforcement: The mandate is enforced through required compliance to the Basic Education Program.

Physical Education Standards: There are no state standards and statewide assessment of physical education or physical fitness.

Class Size: No statewide information is available since class size is a local contractual agreement.

Curriculum: No information is available since curriculum components are local school district decisions.

Contact Person: Stephen A. Nardelli, Special Assistant to the Commissioner for Legislative Relations, State of Rhode Island Department of Elementary and Secondary Education, The Shepard Building, 255 Westminster Street, Providence, RI 02903, Phone (401) 222-4600, ext. 2015, Fax (401) 222-6178, email: ride0050@ride.ri.net

SOUTH CAROLINA

Who Teaches Physical Education: At the elementary school level, 95% of the physical education teachers are certified physical education specialists. If the elementary school enrollment is over 500 students, the school must have at least one physical education specialist. At the middle and high school levels, 95% of the physical education teachers are certified physical education specialists. Physical education teachers must earn six credits (or equivalent) every five years (three in content and three in instructional methods) to maintain their state certification.

Student Requirements: Physical education is required by the state. No specific minutes per week are required at the elementary and middle school levels. At the high school level one credit, which equals one semester of personal fitness and wellness and one semester of lifetime fitness, is required. At the elementary level an estimated 80% of the students have physical education 30 minutes per week, 20% have it 60 minutes per week. The middle schools typically provide nine weeks daily for 50 minutes in 80% of the schools. The other 20% have physical education for 12-18 weeks daily. At the high school level, 50 minutes per day for one year is required. It is a local decision, but most schools include physical education grades in the grade point average. Substitutions are allowed (ROTC by law).

Enforcement: Enforcement exists only at the high school level because of the graduation requirement but exceptions are made.

Physical Education Standards: There are statewide standards for physical education. They are based on the National Standards for Physical Education. Statewide assessment is in process. In 2000/01, 1/3 of the high schools are being assessed, year 2001/02, 1/3 of the high school, middle schools and elementary schools will be assessed and in year 2002/03, the final high school third and 1/3 of the middle and elementary schools will be assessed. Physical fitness statewide assessment is included in the standards assessment. The Fitnessgram is being used.

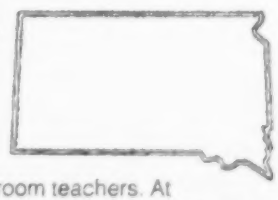
The state assessment plan for elementary and middle schools is pending budget allocations.

Class Size: Elementary school classes average 25-30 students, middle school, 30-40 and high school classes average 30. State law prohibits more than 40.

Curriculum: In general the physical education curriculum includes fitness development, motor/sport skills and affective development.

Contact Person: Dr. Ruth Earls, Education Associate for Physical Education, South Carolina Department of Education, Office of Curriculum and Instruction, 802C, 1429 Senate Street, Columbia, SC 29201, Phone (803) 734-8099, Fax (803) 734-6142, email: rearls@sde.state.sc.us

SOUTH DAKOTA



Who Teaches Physical Education: Physical education is taught at the elementary and middle school levels by certified physical education specialists and classroom teachers. At the high school level, physical education is taught by certified health and physical education specialists. Teachers are required to take six hours of college credit work every five years to maintain certification.

Student Requirements: There is no statewide mandate for physical education. Local school districts determine time, frequency, grades, grade inclusion in the grade point average, credit and graduation requirements. No information is available relative to the existence of physical education at the elementary and middle school levels. About 90% of the high schools require one semester for graduation. Information was not available regarding substitutions.

Enforcement: Locally determined.

Physical Education Standards: There are state standards for physical education which are based on the Nations Standards for Physical Education. There is no statewide assessment of standards or physical fitness. Local school districts use either the President's Challenge Youth Physical Fitness Program or the Fitnessgram tests.

Class Size: Class size average for all levels of education is between 20-30 students.

Curriculum: Physical development, sport/motor skills and affective development are included in the local school district curriculum for every grade, year and level.

Contact Person: Kari Senger, Comprehensive Health Education Coordinator, and Pat Stewart, Director of Coordinated School Health Programs, South Dakota Department of Education and Cultural Affairs, 700 Governors Drive, Pierre, SD 57501-2291, Phone: (605) 773-3261, Fax: (605) 773-3782, email: kari.senger@state.sd.us, pat.stewart@state.sd.us

TENNESSEE

Who Teaches Physical Education: At the elementary school level, certified physical education specialists teach physical education. In the absence of a specialist, the classroom teacher is responsible. Middle school uses the same teacher qualifications. At the high school level, certified physical education and health and physical education specialists teach physical education. Local school districts determine recertification requirements.

Student Requirements: Physical education is required to be offered at the elementary and middle school levels. Local districts determine time, weekly and yearly requirements. Physical education is an elective at the high school level where offered. Some school districts have local graduation requirements. Grades and credit are a local school district decision and grades are included in the grade point average. Substitutions are not allowed. It is estimated that 60% of the elementary schools, 90% of the middle schools and 98% of the high schools offer physical education with a certified specialist.

Enforcement: There is no enforcement of the mandate.

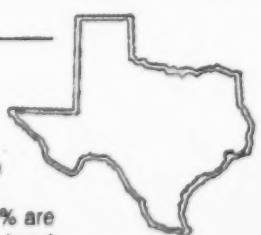
Physical Education Standards: There are state standards for physical education that are based on the National Standards for Physical Education. There is no statewide assessment of the standards of physical fitness.

Class Size: Class sizes in grades K-12 are limited to the same number of students per certified teacher as the regular classroom.

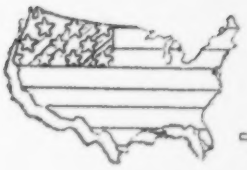
Curriculum: Physical development, sport/motor skills and affective development are components of all curricula every year at all levels.

Contact Person: Mike White, Consultant, Tennessee Department of Education, Old TPS High School, Room 101, 1150 Menzler Road, Nashville, TN 37243, Phone (615) 532-6277, Fax (615) 253-6039, email: mwhite2@mail.state.tn.us

TEXAS



Who Teaches Physical Education: At the elementary school level, 50% of the school districts employ physical education specialists. Classroom teachers are certified to teach physical education. The other 50% are aides. Classroom teachers rarely teach physical education. At the middle and high school levels, certified health and physical education specialists teach physical education. Professional development work is required every five years.



Student Requirements: The state requires that physical education be offered to all students. Local school districts make the decision for grades K-8. For grades 9-12, one and one half units of physical education are required for graduation. Districts decide whether grades will be part of the grade point average. Substitutions are widely accepted.

Enforcement: There is no enforcement of the mandate. Even at the high school level, many exceptions are made relative to the one and one half credit.

Physical Education Standards: There are state standards for physical education, which are based on the National Standards for Physical Education. They are not required and there is no statewide assessment of the standards. There is no assessment of health-related physical fitness.

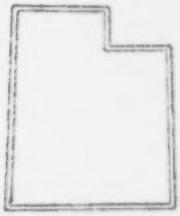
Class Size: There is no mandated limit. At all levels, class size averages over 40 students.

Curriculum: The curriculum includes fitness development, motor/sport skills and affective development. However, off campus sports participation, cheerleading, drill team, and athletics are considered part of the curriculum.

Comments: Program is very weak. No state accountability. Public perception of physical education is the result of many years of the "athletic" model.

Contact Person: Tommy Fleming, Director of Health and Physical Education, Texas Education Agency, 1701 North Congress Avenue, Austin, TX 78701-1494, Phone (512) 463-7649, Fax (512) 463-8057, email: tfleming@tmail.tea.state.tx.us

UTAH



Who Teaches Physical Education: At the elementary school level, 95% of the physical education teachers are classroom teachers or paraprofessionals. At the middle and high school level certified physical education specialists teach physical education. The state requires specified points every five years to maintain a certificate.

Student Requirements: The state requires "responsible healthy lifestyles" at the elementary level. It recommends 90 minutes of physical education per week. Middle and high school average 250 minutes per week for three semesters. Credit is given and grades are included in the grade point average. At the high school level, one and one half credit is required for graduation. Athletics may only substitute for the elective half credit of physical education.

Enforcement: There is no enforcement of student requirements other than the graduation requirements.

Physical Education Standards: There are statewide standards that are based on the National Standards for Physical Education. There is no statewide assessment at this time. There is no statewide testing of physical fitness.

Class Size: The elementary classes average between 30 and 40, and the middle and high school classes average over 40.

Curriculum: The curriculum includes fitness development and motor/sport skills. The only affective development activity is character development.

Contact Person: Martha Hyder, Physical Education Curriculum Specialist, Utah State Office of Education, 500 South 250 East, Salt Lake City, UT, 84111, Phone (801) 538-7877, Fax (801) 538-7769, email: mhyder@usoe.k12.ut.us

VERMONT

Who Teaches Physical Education: All schools at all levels use certified physical education specialists except in a few elementary schools where classroom teachers are used. In order to meet certification maintenance requirements, teachers must have an Individual Professional Development Plan.

Student Requirements: The elementary and middle school levels have physical education every year, twice a week. Time is a district decision. In high school physical education is required for three semesters or 1½ credits. Time is a district decision. Some schools allow grades to count in the grade point average. Most do not have exit requirements. One hundred percent of the schools at all levels offer physical education. Substitutions are allowed and are decided by the local school districts.

Enforcement: There is no state enforcement of the mandate.

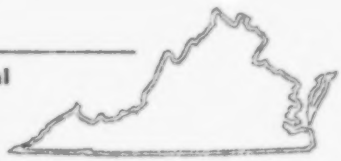
Physical Education Standards: There are no state standards or statewide assessment of the standards or physical fitness.

Class Size: There is no information relative to class size at any level.

Curriculum: Fitness development, sport/motor skills and affective development are included in the curriculum at every level every year.

Contact Person: Nancy Emberley, Health Education Coordinator, Vermont Department of Education, 120 State Street, Montpelier, VT 05620, Phone (802) 828-5151, Fax (802) 828-0573, email: nemberley@doe.state.vt.us

VIRGINIA



Who Teaches Physical Education: Certified physical education specialists and classroom teachers teach physical education at the elementary school level. At the middle and high school levels, certified health/physical education specialists teach physical education. Licenses are available for physical education specialists at all levels of education. License renewal is required every five years and is accomplished by completing 180 professional development points.

Student Requirements: At the elementary level and Grades 6 and 7, the state mandates that physical education shall be provided. At Grade 8, physical education is one of four electives that must be offered. At the high school level, two units of health and physical education are required to graduate. Physical education grades are included in the grade point average. This is the equivalent of four semesters. The local school district determines the exit requirements. One hundred percent of the schools offer physical education at all levels of education. Local school districts set the weekly/daily time schedule. No data is available as to time allocation. Substitutions are allowed but local school districts must get State Board of Education approval.

Enforcement: There is no statewide enforcement of the mandate K-8, but the high school requirement must be met to graduate.

Physical Education Standards: There are statewide standards for physical education. The National Standards for Physical Education are being used. There is no statewide assessment of physical education. There is no statewide assessment of physical fitness. (Not mandated, but 78% of the districts participate in a voluntary wellness-related reporting.)

Class Size: At the elementary level, the class size averages 31-40. At the middle school level, class size averages over 40 and there is no data for the high school level.

Curriculum: The curriculum for all grade levels includes physical fitness, motor/sport skills and affective development. (Revised standards have the following strands: Skilled Movement, Mechanical Principles and Concepts, Personal Fitness, Responsible Behavior, and Physically Active Lifestyle).

Contact Person: Dr. Sandra K. Dofflemyer, Specialist, Virginia Department of Education, PO Box 2120, Richmond, VA 23218, Phone (804) 225-2898, Fax (804) 786-1703, email: sdofflem@mail.vaki2ed.edu

WASHINGTON

Who Teaches Physical Education: At the elementary school level, certified physical education specialists and classroom teachers teach physical education. At the middle school level, both physical education specialists and health and physical education specialists teach physical education. Only certified health and physical education specialists teach physical education at the high school level. CEUs are required to maintain certification. No specific requirements were provided.

Student Requirements: Physical education is mandated by the state. Elementary and middle schools are required to conduct physical education classes for at least 100 minutes per week each year. High schools must offer physical education for all four years. However, two years (four semesters) for 50 minutes per day are required to graduate. Grades are included in the grade point average. Substitutions are permitted for athletics and military work. No information is available relative to elementary school compliance but 100% of the middle and high schools have physical education.

Enforcement: The mandate is enforced through periodic policy reviews.

Physical Education Standards: There are physical education standards that are based on the National Standards for Physical Education. Statewide assessment of the standards and physical fitness assessment has not commenced at this time.

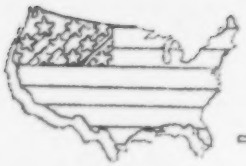
Class Size: No information is available relative to elementary and high school class sizes. Middle school classes are reported to average 31-40 students.

Curriculum: Fitness development and sport/motor skills are part of the curricula for all schools each year at all levels. No information is relative to affective development.

Contact Person: Pamela Tollefsen, Program Supervision for Health and Fitness, Washington Office of Superintendent of Public Instruction, 600 South Washington Street, PO Box 47200, Olympia, WA 98504-7200, Phone (360) 586-0245, Fax (360) 753-1953, email: pamt@ospi.wednet.edu

WEST VIRGINIA

Who Teaches Physical Education: Certified physical education specialists and classroom teachers teach physical education at the elementary level. At the middle and high school levels, physical education is taught by certified physical education specialists and certified health and physical education specialists.



Certification is maintained by completing 18 hours of PDUs annually.

Student Requirements: Physical education is mandated by the state. At the elementary and middle school levels, physical education is required every year with no specific time allocations. Each district may decide parameters. At the high school level one unit or credit is required for graduation. Time requirements are the same for other subject areas. Grades are given and included in the grade point average. No substitutions are permitted.

Enforcement: The mandate is enforced through state audits.

Physical Education Standards: There are state standards for physical education that are based on the National Standards for Physical Education. Statewide assessment of the standards and physical fitness are conducted annually. The President's Challenge Youth Physical Fitness Program is used.

Class Size: Class sizes average 31-40 students at grades 3-12 and 20-30 for grades K-2.

Curriculum: Fitness development, sport/motor skills and affective development are a part of all curricula at all levels every year.

Comment: Physical education is improving each year. The key factor for future gains will be the release of research linking fitness with improved learning.

Contact Person: John Ray, Coordinator of Health/ Physical Education, West Virginia Department of Education, Building 6, Room 309, 1900 Kanawha Blvd. East, Charleston, WV 25305, Phone (304) 558-8830, Fax (304) 558-3787, email: jbray@access.k12.wv.us

WISCONSIN

Who Teaches Physical Education: At the elementary school level, certified physical education specialists and classroom teachers teach physical education. In the middle and high school levels, certified physical education teachers teach physical education. Six semesters of credits or equivalency in clock hours are required every five years to meet continuing education requirements.

Student Requirements: Physical education is mandated by the state. K-6 grades meet three times a week. Grades 7 and 8 meet a minimum of once a week. The high school level requires one and one-half credits for graduation. Local districts decide if physical education grades are included in the grade point average. No substitutions are allowed. No time requirements exist and no data is available.

Enforcement: All schools offer physical education.

Physical Education Standards: There are statewide standards for physical education. The National Standards for Physical Education are used. No statewide assessment occurs.

Class Size: Elementary level class sizes average 20-30 students per class. No data was provided for middle and high school.

Curriculum: No data is available. Local school districts determine curriculum.

Contact Person: Ken Wagner, Physical Education Consultant, Wisconsin Department of Public Education, PO Box 7841, Madison WI 53707-7841, Phone (608) 266-7032, Fax (608) 266-1965, email: ken.wagner@dpi.state.wi.us

WYOMING

Who Teaches Physical Education: At the elementary school level, certified physical education specialists teach physical education. In smaller school districts some classroom teachers teach physical education. At the middle and high school levels, certified physical education specialists and health and physical education specialists teach physical education. Unspecified amount of PDUs, CEUs and other graduate work is required to maintain certification.

Student Requirements: There is a general state mandate for physical education. However, each local school district sets the specific requirements. However, 100% of all schools at all levels offer physical education. Consequently, there is no information relative to the time, weekly and yearly requirements for physical education. Grades are given in physical education and are included in the grade point average. Substitutions are allowed for medical, religious or disability reasons.

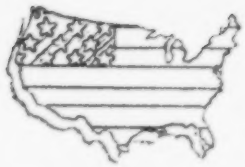
Enforcement: Not needed.

Physical Education Standards: There are standards for physical education that are based on the National Standards for Physical Education. No statewide assessment of the standards or physical fitness is conducted, however, the state mandate directs that students should meet state standards.

Class Size: Class sizes average 20-30 students at the elementary level and in all rural schools. At the urban middle and high schools, the average is 31-40 students.

Curriculum: Fitness development, sport/motor skills and affective development are part of the curricula for all schools at all levels yearly.

Contact Person: Dr. Gerry Maas, Director of Health, Physical Education and Safety, Wyoming Department of Education, 2300 Capitol Ave., Hathaway Building, Second Floor, Cheyenne, WY 82002-0050, Phone (307) 777-6282, Fax (307) 777-6234, email: gmaas@educ.state.wy.us



Appendix

Physical Education and Activity: Results from the School Health Policies and Programs Study 2000-Excerpts

Study Authors Charlene R. Burgeson, Howell Wechsler, Nancy D. Brener, Judith C. Young, Christine C. Spain

About SHPPS

SHPPS is a national survey periodically conducted to assess school health policies and programs at the state, district, school, and classroom levels. Results from SHPPS 2000 are published in the *Journal of School Health*, Volume 71, Number 7, September 2001.

Response Rates

At the district level, 740 districts were eligible for the physical education component; 491 (66%) of these districts completed the physical education questionnaire. At the school level, 1,327 schools were eligible for the physical education interview; 921 (69%) of these schools completed the interview. At the classroom level, 1,729 courses or classes were eligible for the classroom-level interview; 1,564 (90%) of these had a teacher complete the interview.

Physical Education at the State and District Levels

Requirements and Policies

Most districts require elementary schools (82.6%) of districts), middle/junior high schools (84.6%) of districts), and senior high schools (88.8% of districts) to teach physical education.

Almost one-fourth (23.4%) of states have a policy on the maximum allowable student-to-teacher ratio for physical education in elementary schools, 21.3% of states have a policy for middle/junior high schools, and 25.5% of states have a policy for senior high schools. Among states with a policy, the average maximum allowable ratio is 27:1 for elementary schools, 30:1 for middle/junior high schools, and 34:1 for senior high schools.

Many states (64.7%) have adopted physical education goals, objectives, or expected outcomes for elementary schools; 64.7% have adopted them for middle/junior high schools, and 66.7% have adopted them for senior high schools.

Many states (61.9%) and districts (69.4%) require middle/junior high schools to include lifetime physical activities, defined on the SHPPS 2000 questionnaires as those that can be done during adulthood because they generally need only one or two persons, in their physical education program. Similarly, many states (64.3%) and districts (73.0%) require senior high schools to include lifetime physical activities in their physical education program.

During the two years preceding the study, some states and districts provided schools with instructional materials for physical education, including a list of recommended physical education curricula (38.0% of states and 49.3% of districts), lesson plans or learning activities for physical education (36.7% of states and 54.1% of districts), a chart describing scope and sequence of instruction for physical education (35.3% of states and 48.4% of districts), and physical education curricula (28.6% of states and 59.8% of districts).

Standards and Guidelines

Many states (60.8%) require districts or schools to follow national or state physical education standards or guidelines and an additional 23.5% of states encourage districts or schools to do so. Similarly, 67.9% of districts require schools to follow national or state physical education standards or guidelines and an additional 6.9% of districts encourage schools to do so. Among these states and districts, 70.7% of states and 68.2% of districts require or recommend standards or guidelines based on the *National Standards for Physical Education*.

Student Assessment

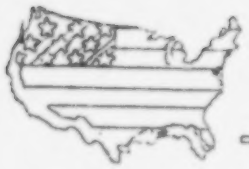
Generally physical fitness tests are required by states and districts more frequently than knowledge and skill performance tests.

Staffing and Professional Preparation

More than one-half of states (53.1%) require teachers to earn continuing education credits on physical education topics to maintain state certification, licensure, or endorsement. During the two years preceding the study, more than one-half of states provided funding for or offered staff development on assessing student performance in physical education and more than one-half of districts provided funding for or offered staff development on injury prevention and first aid, teaching movement skills and concepts, and teaching team or group activities.

Elementary School Recess

Few states (4.1%) require and 22.4% recommend that elementary school provide students with regularly scheduled recess. Among those states that require or recommend recess, 23.1% have a specified time requirement or recommendation. Almost one-half (46.3%) of districts require and 40.2% recommend that elementary schools provide students with regularly scheduled recess. Among the districts that require or recommend recess, 84.0% have a specified time requirement or recommendation. Among districts that have a specified time requirement, the most common requirements are 20 to 29 minutes per day (35.5%



of districts), 30 or more minutes per day (35.2% of districts) and 10 to 19 minutes per day (27.7% of districts).

Physical Education at the School Level

Requirements and Policies: Most schools (96.4%) require students to take some physical education. More than one-third (39.7%) of elementary schools require physical education in kindergarten, and about one-half of elementary schools require physical education in each of grades 1 through 5. The percentage of schools that require physical education in each subsequent grade decreases, from 32.2% of middle/junior high schools in grade 6 to 5.4% of senior high schools in grade 12. In 16.4% of senior high schools, students must take physical education courses, but these courses are not required in any specific grade; the same is true in 3.1% of middle/junior high schools and 1.1% of elementary schools. In addition, 1.4% of middle/junior high schools and 15.4% of senior high schools offer elective courses that include physical education instruction.

Conclusions

What is the quality of physical education across the nation? Most states and districts require physical education at all three school levels, and almost all schools require students to take some physical education. However, the percentage of schools that require physical education in each grade declines from around 50% in grades 1 through 5, to 25% in grade 8, to only 5% in grade 12. Further, although the National Association for Sport and Physical Education (NASPE) and the National Association of State Boards of Education (NASBE) discourage student exemptions from physical education based on participation in other school and community activities, some states, districts and schools allow such exemptions from required physical education.

Unfortunately, only 8% of elementary schools, 6% of middle/junior high schools, and 6% of senior high schools provide daily physical education or its equivalent for the entire school year for all grades in school.

Most states and districts require schools to follow national or state physical education standards or guidelines and most schools do so. Furthermore, among these states, districts, and schools, most states and districts require or recommend, and most schools follow, standards or guidelines based on the *National Standards for Physical Education*.

Some physical education teachers need to improve their student assessment practices. Few states and districts require skill performance tests, fitness tests, or written knowledge tests.

To strengthen school physical education programs, public health and education officials need to work together to increase the number of schools that provide the recommended amount of physical education for all students; teachers who require students to develop and implement individualized physical activity plans; states and districts that require testing of student knowledge and performance; states, districts, and schools that provide staff development on cutting-edge topics; and states that require teachers to earn continuing education credits on physical education topics to maintain state certification, licensure, or endorsement. In addition, public health and education officials need to decrease the number of states, districts and schools that allow exemptions from physical education and teachers who engage in inappropriate practices that can limit optimal learning or lead to a dislike of physical activity.

To strengthen the overall school physical activity programs and opportunities that students have for physical activity outside of physical education classes, public health and education officials also need to help increase the number of states and districts that require recess for elementary school students, schools that offer intramural activities or physical activity clubs, particularly for activities other than traditional team sports, and schools in which community members can use school physical activity facilities. All of these measures will help youth realize the many benefits of lifelong physical activity.

For additional information on SHPPS, contact the Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, 4770 Buford Highway, NE Mailstop K-33, Atlanta, GA 30341-3717, telephone 888-231-6405, http://www.cdc.gov/shpps.

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